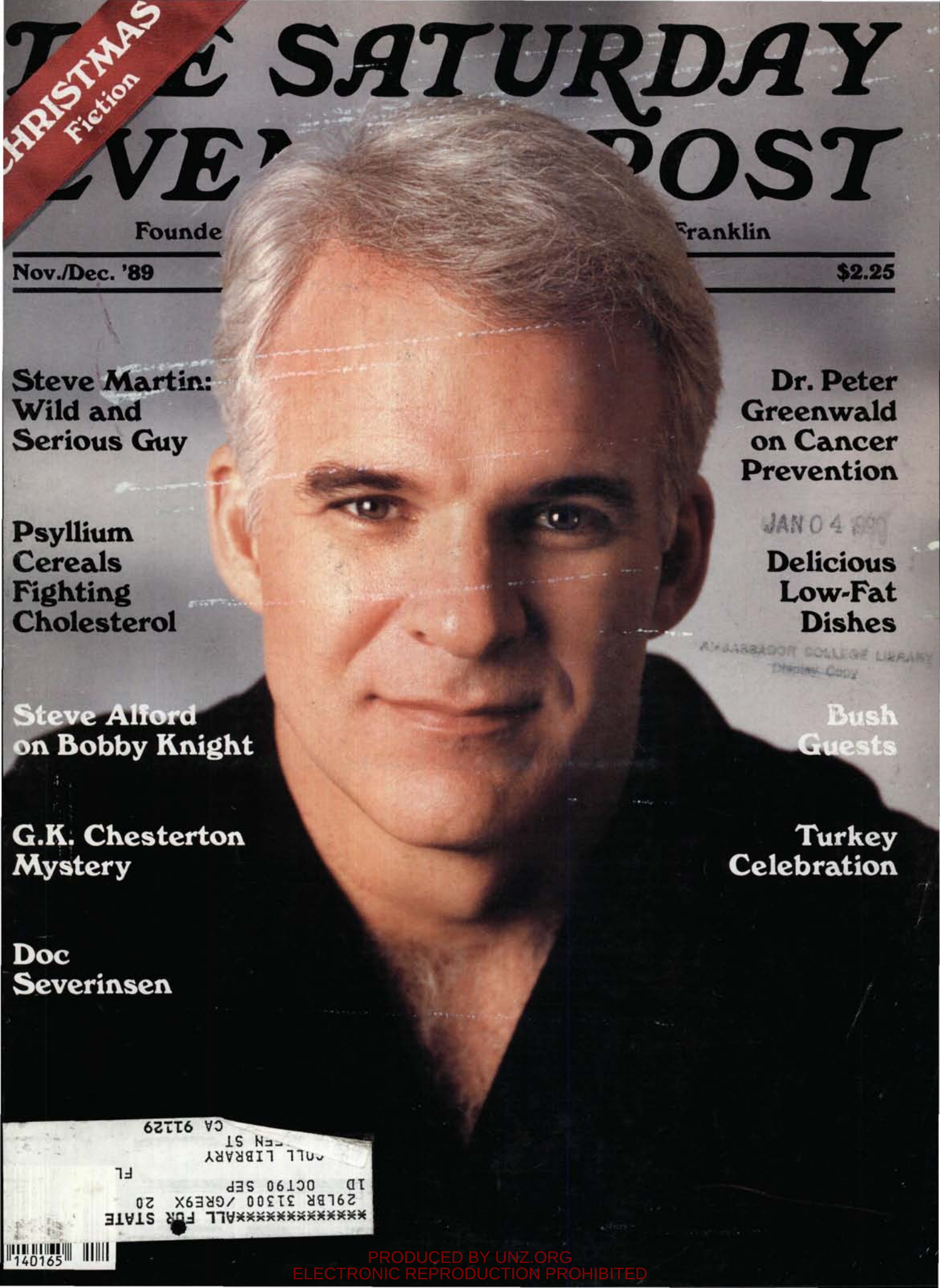

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Chevrolet

Shown smaller than 8½" actual length.

The 1957 Chevrolet Bel Air...

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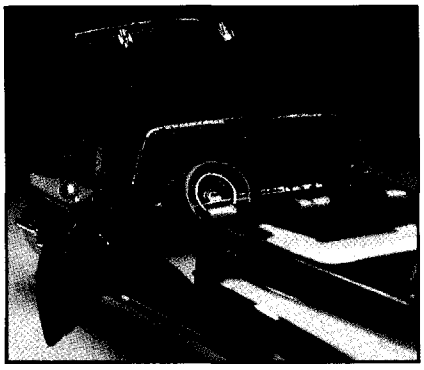
A Meticulously Engineered Die-cast Metal Replica Designed To Win The Heart Of America All Over Again!



Interior: *The doors and hood of your model open and close with precision and the steering wheel actually turns the front wheels. Each detail of the dramatic, concave "command post" dashboard is correct — the tiny dials and gauges are actually readable.*

It was America's "dream machine" — a gleaming example of automobile showmanship at its best...the *'57 Chevy Bel Air.* Dazzling to look at and loaded with power, it was *the* car to own and be seen in.

The engineers of this beautiful car gave it a history-making 283-cubic-inch V-8 engine under the hood with optional 283-horsepower "Ramjet" fuel injection. It was one of the most advanced and powerful engines of its day and became the biggest auto news of the year — heralded by the famous advertising headline: "1 h.p. per cu. in."

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When you pick up this exceptional model for the first time, you'll be amazed. It's built to a large 1:24 scale, making it a full 8½ inches long. The body, chassis, drivetrain and engine block are all crafted in metal.

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There are more surprises...try the doors. They open and close smoothly, and so does the hood. When you turn the steering wheel, the front wheels turn.

Every bit of the *'57 Chevrolet Bel Air's* memorable glamour, excitement and dynamic engineering is reflected, detail by detail, in this model. From its golden grill, to its racy, unforgettable blade fins — it is a faithful re-creation of the original.

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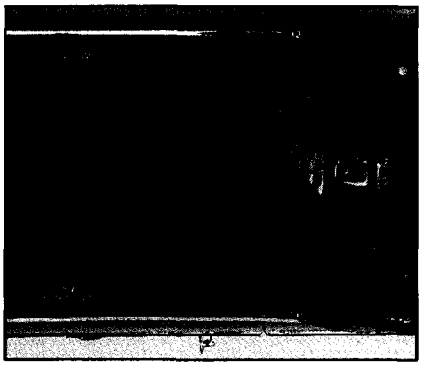
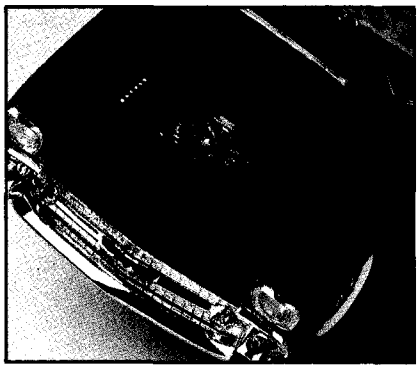


Undercarriage: *Turn your model over to see how the '57 Chevy was put together. It's all there in miniature — the drivetrain, springs, shocks, exhaust system, X-frame, gas tank and spare tire well.*



Engine: *An authentic replica of the powerhouse 283-cu. in. V-8, fuel-injected engine that made automotive history is under the hood of your model.*

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Chevrolet

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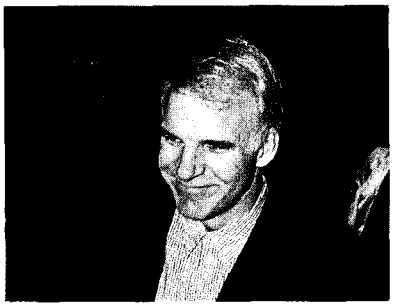

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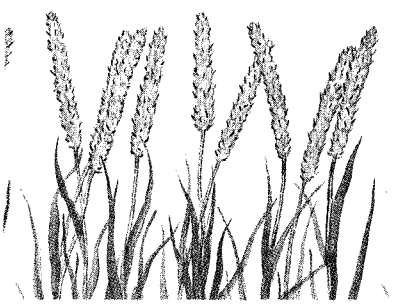

Psyllium—A potent new fiber-rich grain joins the cereal battle against high cholesterol and heart disease. **28**

THE SATURDAY EVENING POST

Founded A.D. 1728

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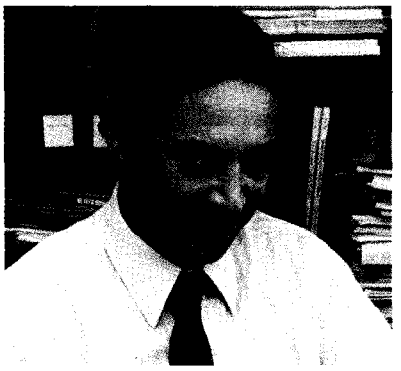

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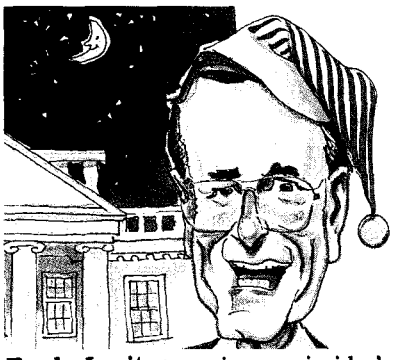

Bush Invitees—give an insider's view of what it's like to be White House guests. **42**

Letters

Notes on the "Can Can"

I appreciated your article ["Everyone Can Can"] in the September issue of *The Saturday Evening Post*. I have a concern, though, because the article did not mention the need to adjust processing times for differences in altitudes. I think it is important to emphasize that all recipes in canning books give the processing time required at 1,000 feet altitude or less. Experienced canners are aware of altitude adjustment, but if a beginner follows directions from your article, I fear there could be some cases of food proving to be unsafe.

I think it is important to recommend the use of a reputable, up-to-date canning book. The Ball Company has a very good book called *Ball Blue Book*. It is available at county extension offices at a minimal price. It was updated as of this year. Also, the USDA bulletin *The Complete Guide to Home Canning* (Agriculture Bulletin #539) has information regarding different styles of home-canned tomatoes that, due to recent research, recommends a longer processing time than most recipes previously did, to ensure safety.

Arleen S. Swensen
Provo, Utah

Editor's note: Thanks for your help. The Ball Blue Book *may be obtained for $3.50 by writing to Ball Corporation, P.O. Box 2005, Dept. FE, Muncie, IN 47307-0005.*

A copy of The Complete Guide to Home Canning *(Agriculture Information Bulletin #539) may be obtained by writing to R. Woods, Consumer Information Center—L, P.O. Box 100, Pueblo, CO 81002. The price is $11.*

A Royal Dressing-down

Upon receiving my September '89 copy of *The Saturday Evening Post* I was most unhappy to see on the cover Diana and her family.

Why does every magazine in the country do this? We are inundated with British royalty. Who needs it?

Don't we have wonderful American families that could stand to be emulated by the masses?

I truly wish you would eliminate this type of coverage.

I like your magazine very much—

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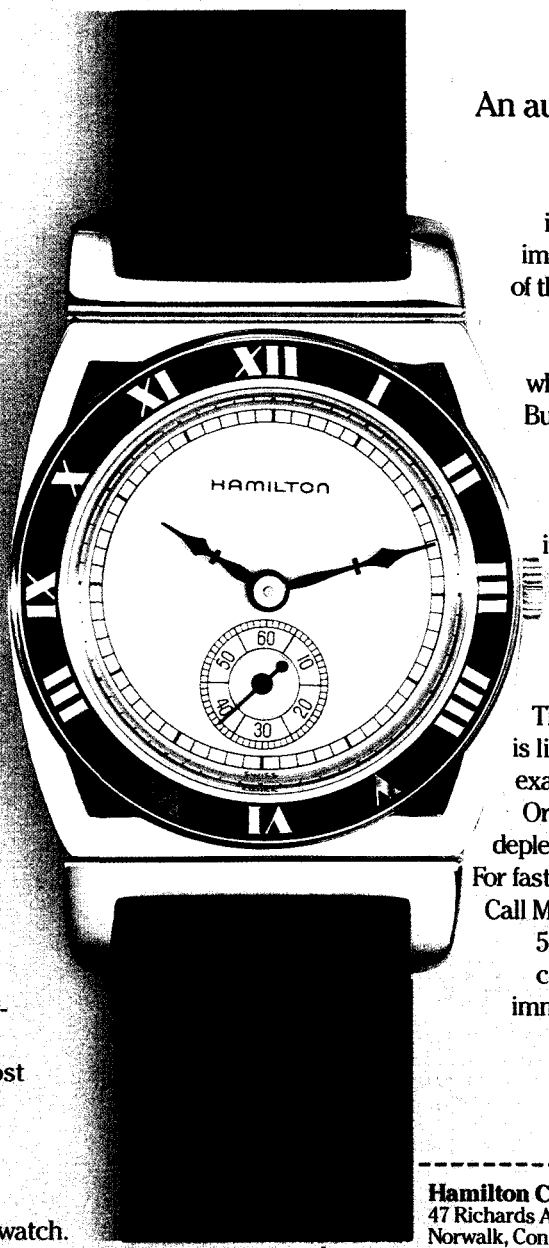

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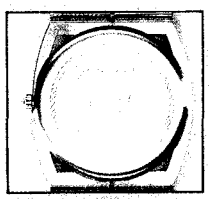

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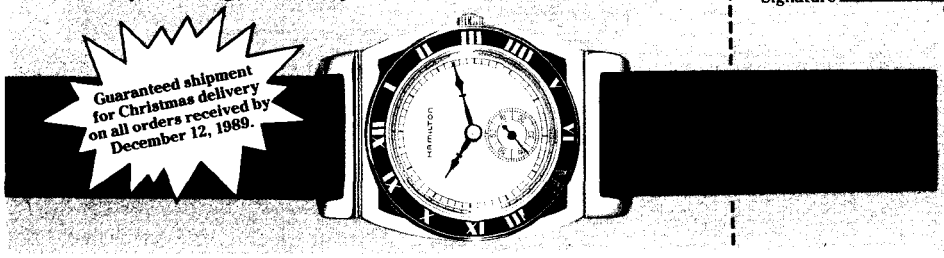

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but this really rubs me (part Irish descent) the wrong way. The outrage of England in Ireland and what she is still doing there—and we have to be reminded almost daily of their "Highnesses."

Mrs. V. Shary
Santee, South Carolina

[Re: the September '89 cover story] Why do you insist on publishing anything about that most useless family of freeloaders? I thought that your ancestors decided a couple of centuries ago that enough was enough. It is enough that we Canadians are still stuck with that stupid family and that senseless monarchy.

Albert Dumont
Ottawa, Ontario

We consider *The Saturday Evening Post* a part of our traditional heritage. The founder, who was one of our great leaders in establishing a government where "all men are created equal," would not have looked with favor on the cover that appeared on the September issue.

We fought two wars in convincing the British royalists that all people have an equal opportunity and that there is no privileged group. There are many fine English, and it is their God-given right to worship "royalty" if they so desire. But we in this country do not subscribe to such a philosophy.

Charles F. Grigsby
Franklin, Indiana

Thank you! Thank you! Thank you, for the wonderful, warm, poignant coverage of the most important issue to the American public.

We are not talking about drugs, AIDS, the homeless, the unemployment issue, or the deficit, but the problems of the poor royals of England, Princess Di and Charles. How could we ever survive without the latest on what Di is wearing, what the family is eating, and how the little princes are behaving?

If as much attention as is given by the media to these people were given to the problems in this country, we might sooner find solutions.

Alice M. Miller
Phoenix, Arizona

Another Headache

I am interested in the article about Diana and Charles [September '89 issue]. It tells about Diana using the feverfew plant to relieve symptoms of migraine headaches. I have heard of this remedy several times now.

My daughter suffers with migraines and has tried everything to no avail. Could you tell me in what form this is taken and are there any side effects?

Dorothy J. Rigg
Waynesville, Ohio

Editor's note: We're told that feverfew is packaged by Solaray of Ogden, Utah, and the label instructs those who are allergic to ragweeds, asters, chrysanthemums, or any member of the Compositae plant family not to use feverfew.

The value of feverfew is being researched in several countries. One claim under study is that it does ease headaches for those without an existing allergy to the plant family in question.

A Kinder, Gentler Letter

Having been married to the same man for almost 35 years, I needed a good laugh, and in the September issue Maynard Good Stoddard supplied it with "A Kinder, Gentler Marriage." Thanks, Maynard—I needed that.

Dee V. Glass
Lawton, Oklahoma

Muffed the Muffins

I'm a first-time subscriber and truly enjoy your magazine. Regarding [your September] "Heart Beat":

A good article—but I was appalled by the recipe submitted as Barbara Bush's High-Fiber Bran Muffins. She is certainly not "heart smart" if she deliberately uses five eggs (1,500 mg of cholesterol). That gives each of the 15 muffins 166-plus mg of cholesterol, or three-fourths of the daily amount of cholesterol allowable per day for a heart-smart individual.

May I suggest that she replace the five eggs with Egg Beaters or Scramblers; only then can she call her muffins "healthful food."

Florence Hochtritt
Green Bay, Wisconsin

I was astonished when reading your article "Heart Beat" in the September '89 issue. On the same page of a photo of a trailer that was for free cholesterol checks for all children 12 and under, you had a recipe by Barbara Bush for High-Fiber Bran Muffins. You do fine with the low-fat or skim milk and the safflower oil, and

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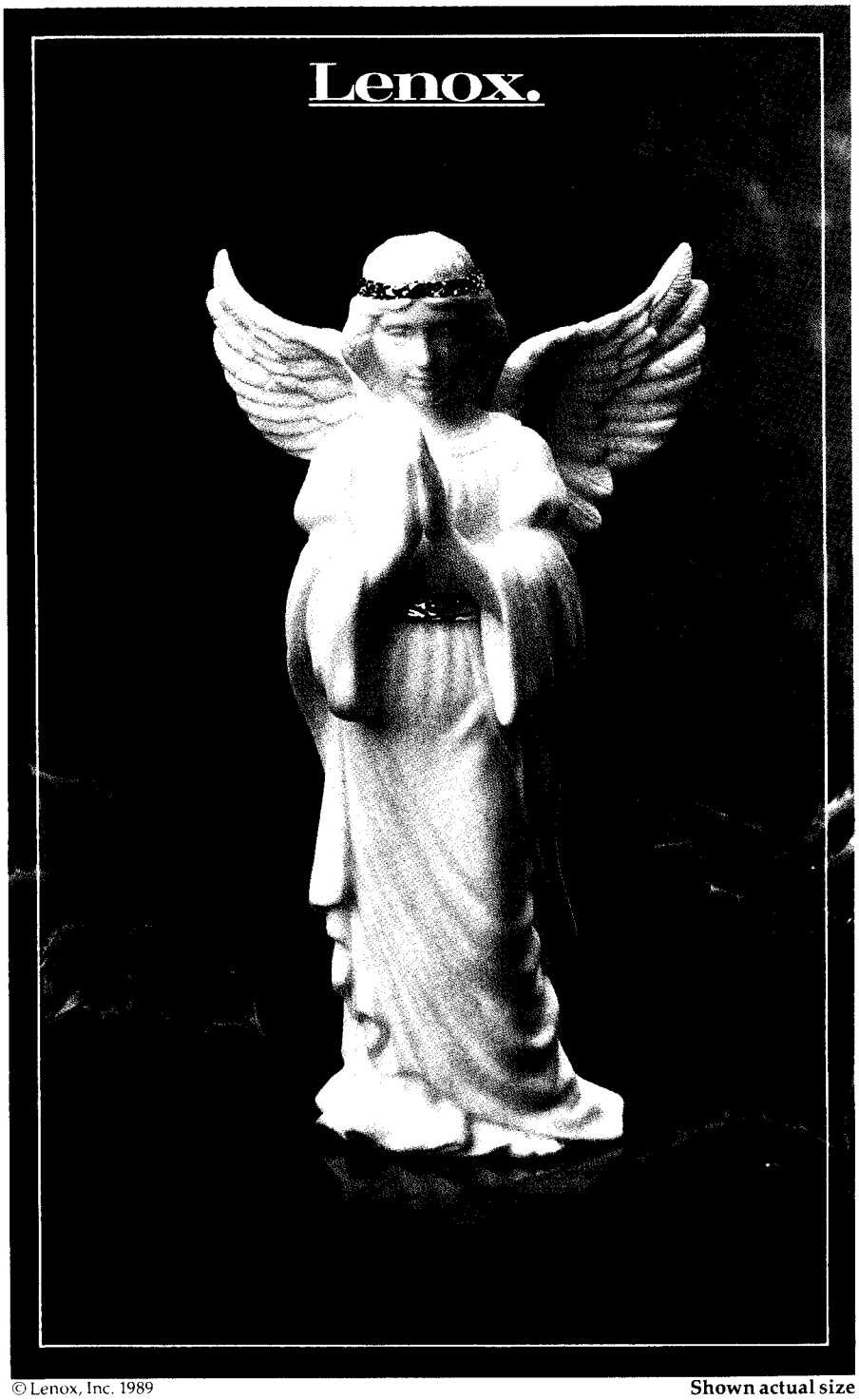

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then you go ahead and use five eggs.

C. J. Golinvaux
Dubuque, Iowa

Editor's note: Five eggs in 1½ dozen muffins gives you less than one third of an egg per muffin. The muffins are delicious. However, we tried them with Fleischmann's Egg Beaters, and they are still delicious. We stand corrected.

White House, please take note! What is good for the Bush grandchildren is good for the nation. Would that all grandmothers were pushing homemade bran muffins, with or without Egg Beaters.

Here we print the SatEvePost *adapted recipe for purists. To read about new eggs with less cholesterol, see "Medical Mailbox."*

Barbara Bush's
High-Fiber Bran Muffins
with Egg Beaters

2½ cups whole-wheat flour
3 cups miller's bran
1 teaspoon salt
1 tablespoon baking powder
1 cup raisins
1¼ cups Egg Beaters
1 cup honey
1 pint skim milk
½ cup safflower oil
1 teaspoon pure vanilla extract

In bowl mix flour, bran, salt, baking powder, and raisins. Add remaining ingredients and stir until blended. Spoon into lightly greased muffin pan and bake at 375° F. 20 minutes or until muffin tests done.

Reigning Cats and Dogs

The October vet piece was a very well-written and educational article. I preach these points on the importance of proper nutrition every day. Proper nutrition really does help prevent health problems. This article reflects what we in the veterinary profession stress to owners. You are helping the pet population.

Philip C. Borst, D.V.M.
Indianapolis, Indiana

Memories, How They Linger

When I was a teenager back in the 1920s, I earned my spending money by selling five-cent copies of the *Post* on a route that I developed and kept active for several years . . . and enlisted some of my boy scout friends to do the same thing in their own neighborhoods . . . and we made enough to take us to scout camp in the summertime. Recently, several of us were reminiscing about the serial stories we followed. One story in particular that we remembered was titled "The Duke Steps Out," but we were not sure of the author. We would like to borrow or buy the book but have not been successful in our local bookshops. Can you give us any help out there?

Russ Harder
Sturgeon Bay, Wisconsin

Editor's note: How we wish that Post *boys were still permitted to sell the magazine as they did when you were young. Many achievers and successful men write to us about their early years selling the* Post*; one would think that selling them as a child was an excellent training in entrepreneurship and citizenship.*

Thanks for your insights and reminiscences.

"The Duke Steps Out," by Lucian Cary, was a six-part series published in 1928. It was part of a larger series comprising two other selections published in the Post *("The Duke Intervenes," one part, 1932, and "The Duke Comes Back," four parts, 1933). You might be able to locate these stories at your local library.*

Making a World of Difference

Thank you for the reprints of the lysine corn articles from 1984. We have already made use of them.

Interest in the High Lysine Corn Project is growing. From the 1988 crop, corn has gone to Honduras through "The World Gospel Outreach" of North Little Rock, Arkansas; to Haiti through "Lifeline Christian Mission" of Columbus, Ohio; and to Jamaica and to refugee camps on the Mexico-Texas border through the Richland Hills Church of Christ of Fort Worth, Texas. At the present time, "Feed the Hungry" of South Bend, Indiana, is interested in distributing high-lysine corn in Guatemala and/or other Central American countries. Mrs. Sherwood and I are excited about the growth of this project—the original concept coming from the *Post*.

In September, Mrs. Sherwood and I had the opportunity to speak briefly to Dr. John Axtell of the agronomy department of Purdue University. He has information on benefits seen in Guatemala in villages where high-lysine corn has been in the diet.

Weather conditions in southern Indiana have made us expect to have 10,000 to 12,000 bushels of high-lysine corn available for use in the project. This will push our facilities to the limit. This project is getting bigger than we ever expected.

Hollace and Ila Sherwood
Mitchell, Indiana

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a hearing aid that focuses on the things you want to hear.

Hearing a conversation over the sound of a party or the ocean is difficult with most hearing aids. That's because they amplify all sounds, including bothersome background noise. But not the Miracle-Ear® Clarifier™.

The Clarifier™. The hearing aid that automatically reduces background noise.

The Miracle-Ear Clarifier has an improved filter system that automatically reduces low frequency noise and boosts speech so you can hear more easily what people are saying.

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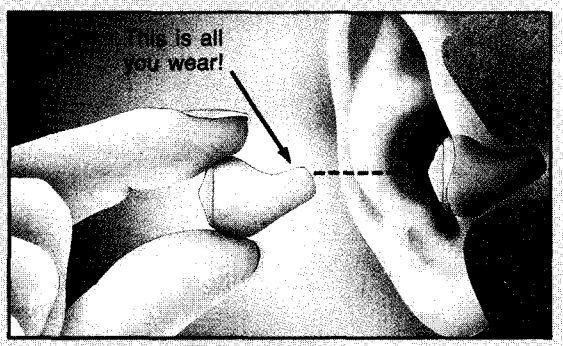

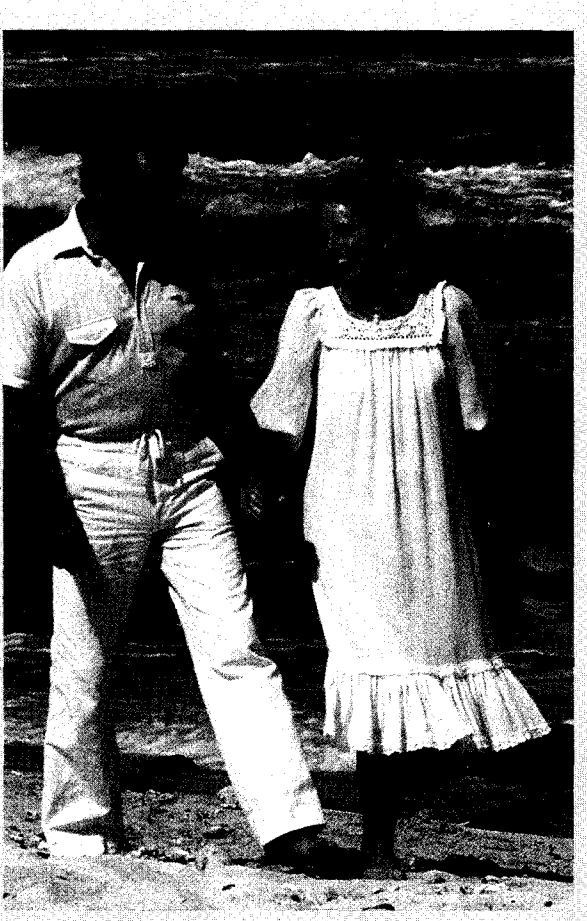

If you find yourself asking others to repeat themselves, or constantly turning up the TV — it's time to find out more. The Clarifier is available only from Miracle-Ear so send in the card for more information on this amazing hearing aid. For your FREE booklet mail the attached card or call

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Post People

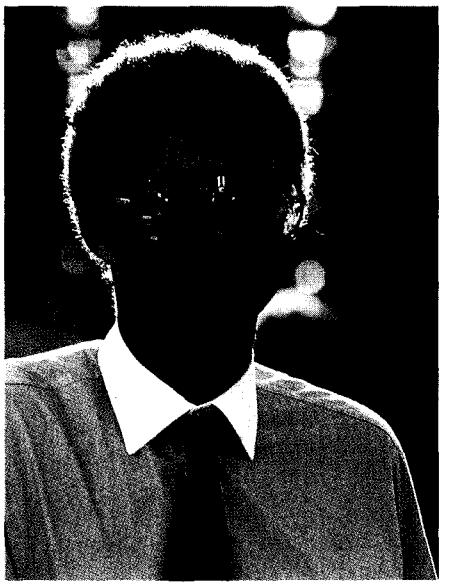
In Gdańsk, Poland, Secretary of Commerce Robert Mosbacher (center) congratulates Dr. Beurt SerVaas, the chairman of the Polish/American Economic Council, a joint venture of the U.S. and Polish chambers of commerce.

The occasion was the signing of an agreement creating a large joint enterprise between American, Polish, and Danish investors involving a fleet of Baltic fishing vessels and processing plants for the famous Baltic cod and herring. Their Szkuner fishing ships in the background are at dock in the port of Wladyslawowo, near Gdańsk.

Zbigniew Niemczycki (left), a Polish-American immigrant, has been a pioneer for the past six years with Dr. SerVaas in establishing commercial joint ventures in fledgling Polish free enterprise efforts. He is in charge of SerVaas' operations in Poland. Earlier this year Dr. SerVaas assisted the Polish parliament in drafting new joint venture laws, which Poland is counting on to provide it with Western management, investment, and modern technology.

Jessica Tandy, acknowledged as the "First Lady of the American Theater," is not about to take her final bow

at the age of 80. After a stage and screen career of more than 60 years, her name heads the distinguished cast of *Driving Miss Daisy*, a film based on the prize-winning play about a grandmother's lousy driving. The movie will open in December.



Arthur Ashe's new racket—heart health—returns the career-ending volley that a heart attack scored over the Wimbledon champ at age 36.

He recommends: "You have to begin exercising more, you have to watch the stress in your life, you have to keep your weight down, and you have to learn to eat right with a greater intake of soluble fiber."

And who can argue with that serve?

Dinah Shore is again making waves as a talk show hostess. Shore says she wants her new show, "A Conversation with Dinah," on the Nashville Network, to be a place where such guests as Nancy Reagan will feel safe and warm, not where the Oprahs and the Geraldos of the world can have a go at them. Of the last, she comments, "I thought those things were only talked about in the doctor's office. It is not what I could do well."

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A Norman Rockwell *Saturday Evening Post* Classic!

Puppy Love

A numbered limited edition collector plate trimmed in 23kt gold.

Great news! Now, perhaps the most popular Norman Rockwell *Saturday Evening Post* cover of all will appear on a new, affordably priced collector plate. It's "Puppy Love," and you'll recognize it instantly as a Rockwell classic.

Notice, too, the Norman Rockwell signature—this plate is from *the original Rockwell art in the Post archives!* No other artist could fully recreate the original Rockwell magic—his style was his alone!

Rockwell's Greatest Theme!

Warm, tender, touching, and true—"Puppy Love" captures the first romantic heartthrobs of youth. It's the first in a new series of Norman Rockwell *Saturday Evening Post* plates to be issued by the Danbury Mint. Each will portray, in a different, always distinctive, and charming way, Norman Rockwell's greatest theme: *Young Love.*

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When you acquire "Puppy Love," you have the option, *but not the obligation,* to acquire the other plates in this affordably priced new series. Each serially numbered plate will come with a Certificate of Authenticity attesting to its being produced within the edition limit of 14 firing days. As a crowning touch, each plate will be trimmed with precious 23kt gold.

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Don't miss this chance to collect a famous Rockwell *Post* painting. Like each subsequent plate in the series, "Puppy Love" is from the *Post* original.

Serial numbers will be assigned in the sequence orders are received. And after 14 firing days, *no more plates* will be issued—regardless of demand. Avoid disappointment and get the lowest possible serial number. Order now!

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R&P Reply by January 15, 1990 03

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Please accept my reservation for **"Puppy Love"** as described in this announcement. I wish to reserve _____ (1 or 2) plate(s) at $24.95 (plus $2.95 shipping and handling—total $27.90*) each payable in U.S. funds.

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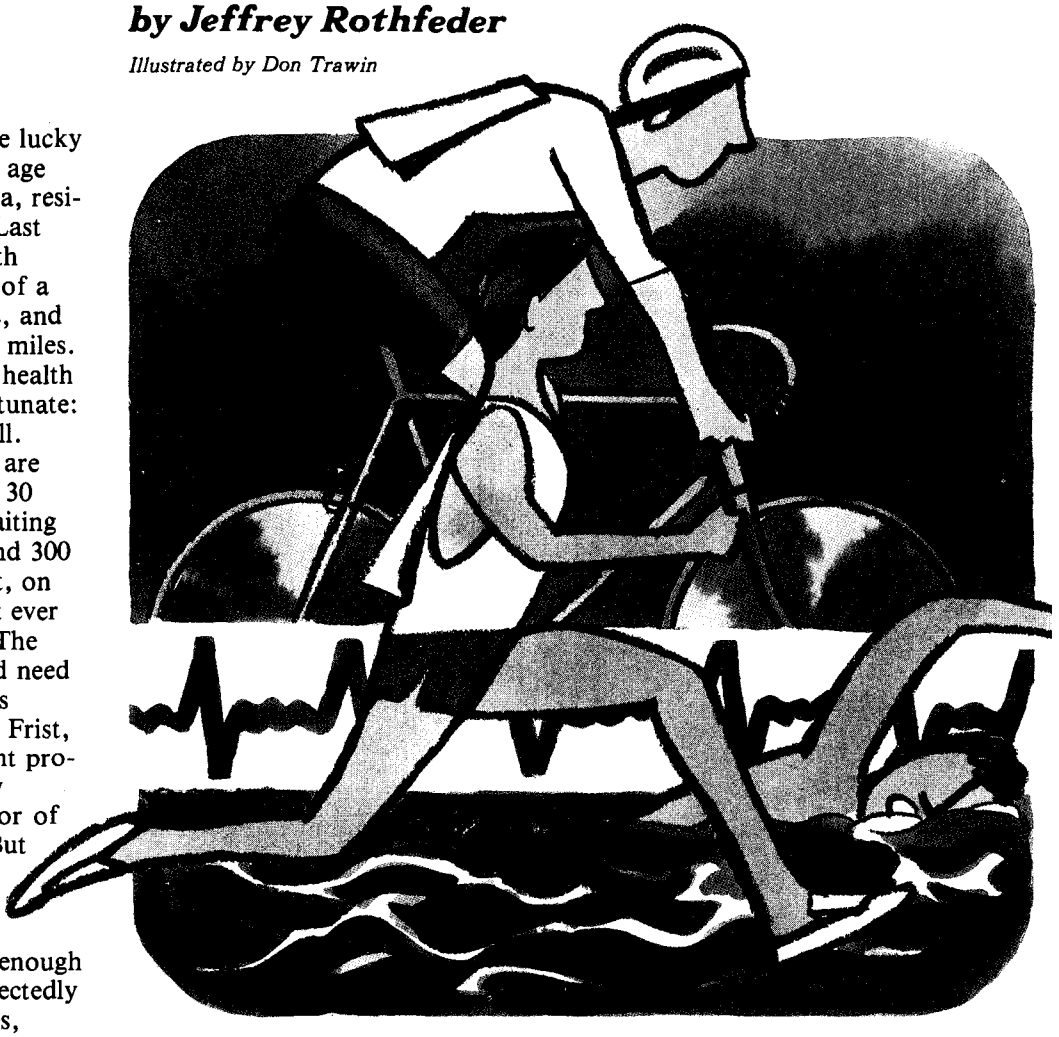
HEARTBEAT

TRANSPLANTS IN DEMAND

Once experimental and risky, heart-transplant operations for terminally ill patients have now become routine.

by Jeffrey Rothfeder

Illustrated by Don Trawin



Jimmy Moore is one of the lucky ones. Three years ago, at age 29, the Easley, South Carolina, resident had a heart transplant. Last October, he finished his fourth triathlon: he swam six-tenths of a mile, rode a bike for 25 miles, and wrapped it up by running 6.2 miles. But this display of exuberant health is not what makes Moore fortunate: he's lucky he has a heart at all.

Today, about 1,200 people are waiting for heart transplants; 30 percent of them have been waiting for more than six months. And 300 of these patients are, in effect, on death row: they'll die without ever having gotten a new heart. "The difference between supply and need is growing dramatically," says Moore's surgeon, William H. Frist, director of the heart transplant program at Vanderbilt University Medical Center and the author of *Transplant* (Little, Brown). But it doesn't have to be that way, because there are potentially enough organs available. About 25,000 people healthy enough to be organ donors die unexpectedly every year in the United States, most of them in accidents. But fewer than 4,000 become donors of hearts or any other organs.

What makes the heart shortage so acute is the soaring number of transplant operations. Last year, there were 1,647 heart transplants in the United States, up from a pioneering 172 in 1983. "What was once unattainable is now routine," Frist says. And many patients live a long time and lead normal lives. Their one-year mortality rate is below 20 percent, and their ten-year mortality rate is 27 percent, says a study by the International Society for Heart Transplantation.

Typical heart transplant patients are white, male, and over 45. Frequently, they're not long-term or chronic sufferers of cardiac disease —but, to qualify, they must be terminal cases. Often they're shocked at the sudden onset of their condition.

Terminal Case

Jimmy Moore certainly was. One day he went to the doctor and was diagnosed with the flu. Two days later, still weak and feverish, he went back to the doctor. Flu again. Everybody's got it, he was told. But Moore just got worse. Before long, he was vomiting and listless, barely able to move. This time the doctor did a complete physical. The X-ray told the tale: his heart was so enlarged and dilated that the muscle was weakened and could barely pump. Within two months, he was at Vanderbilt waiting for a new heart. Five weeks later, he had one.

Despite dramatic breakthroughs, the operation and what follows are still an ordeal. For one thing, the immediate postop period is touchy

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and extremely difficult. Patients have to go through at least a month of physical therapy to recondition muscles that have atrophied during their enforced idleness. During that time, some patients live in a halfway house.

There is also danger when the body tries to reject the heart—something that happens to everyone at least once in the year following implantation, typically in the first three months. Usually there are no symptoms: the problem shows up only through a routine series of cardiac biopsies. The condition is treated with steroids. These drugs, however, weaken the immune system—so that everyday infections, such as colds, can prove fatal.

Heart transplants are not cheap: they average close to $140,000. What's more, first-year follow-up costs, including medication, are more than $20,000. From then on, pharmacy bills top $6,000 a year. The good news, though, is that insurance usually covers the bulk of the costs.

It can be surprisingly hard for patients to convince the rest of the world that they're not sick anymore. Like people who have overcome cancer or mental illness, transplant survivors are treated with kid gloves. Jimmy Moore, for instance, knew better than to try to get his old construction job back. Even a buddy, who runs a volunteer rescue squad, said he didn't want him driving the ambulance anymore. Moore was then turned down for work by the police, a sales merchandising group, and even a used-car dealer. Now he's recruiting new businesses for the Easley (South Carolina) Chamber of Commerce.

Others, however, have eased back into demanding jobs. Of course, it helps when the patient built the company. Take William McGowan, the chairman and CEO of MCI Communications, the long-distance phone company. Knocked out of commission for almost a year after a near-fatal heart attack and subsequent heart transplant, McGowan is again up and running hard—and his company is more profitable than it ever was.

Getting a heart transplant used to depend on how important you were, how much money you had, and whom you knew. Heart transplant "list jumping" was widespread. That all changed in 1984, when the National Organ Transplant Act set up a nationwide computerized system called the United Network for Organ Sharing (UNOS). This system, to which all transplant centers must be connected, matches donors and recipients—based on location, tissue and blood type, body size, and the urgency.

UNOS ironed out some of the kinks, but it did nothing for the bigger challenge of lining up more donors. Nor is the healthcare system doing much to recruit them. All hospitals receiving Medicare funds must have policies mandating that the next of kin of brain-dead patients with healthy organs be asked whether they want the organs donated. But rather than add to the family's distress, doctors and hospital administrators often fail to follow these rules.

Family Affair

All this makes it crucial that people wishing to donate organs tell their relatives. In 42 states, driver's licenses contain check-off boxes for expressing a desire to be a donor. Carrying an organ-donor card or writing a living will can accomplish the same purpose. But whichever way is chosen, organ donating is still not automatic. These documents are taken only as indications of a person's willingness to donate. One's closest relatives will almost always be asked to make the final decision.

For information on organ transplants and donations, call Richmond, Virginia-based UNOS 24 hours a day at 800-24-DONOR, or try 804-330-8500 during working hours. Much as people put off drawing up a will, planning for the possibility that you may someday be a donor is unsettling. In the same vein, it's hard to think that someday you may need a donor. Although this may be one of the hardest decisions you'll ever make, it's one that can make the most difference.

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So Many Patients, So Few Donors

Every 30 minutes, a new name is added to the waiting list for organ transplants—which has currently bulged to 17,000 people. There are many more candidates for the list, but the number is purposely held down to avoid raising false hopes: many of these patients will never obtain the organ that they're seeking.

Consider this: In the United States, 15,000 people are waiting for a kidney. About 10,000 will get one. But about half of the 90,000 dialysis patients should have one. This stark difference between demand and supply is particularly disconcerting because more kidney transplants would cut the nation's ballooning healthcare expenditures. The Annenberg Washington Program of Northwestern University, a healthcare think tank, estimates that follow-up medical costs after a $32,000 kidney transplant are only about one-third as much as the cost of continuing dialysis. Savings can reach $25,000 a patient each year. And as with hearts, kidney transplants have a high success rate: 95 percent of the patients survive at least a year.

Livers are less in demand. The procedure is not as common because of its high cost—$267,000—and lesser efficacy. The one-year survival rate is only about 70 percent. Even so, nearly 500 people are waiting for new livers, and upward of 90 percent will probably get one before long; there were 1,700 liver transplants in the United States in 1988.

Being a donor can extend the reach of a lifetime in a remarkable way. Whether most people who die suddenly are in generally good health or not, their organs are viable. Donating heart, lungs, liver, and two kidneys within a day or two can mean taking as many as five people off the terminal list, giving them a chance for a healthy new life. Within another week, two corneas could come out of storage to bring the gift of sight back to two others. Perhaps a month later, even the donor's bones and marrow may start making movement less painful for 15 more people. That is the ultimate in volunteerism.

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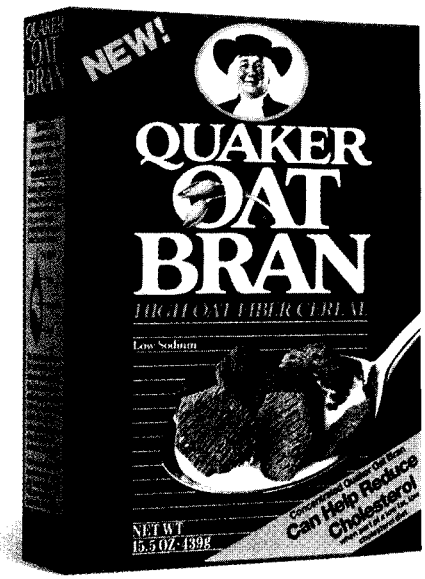
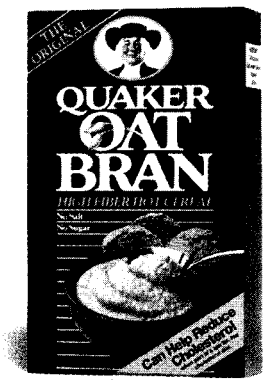
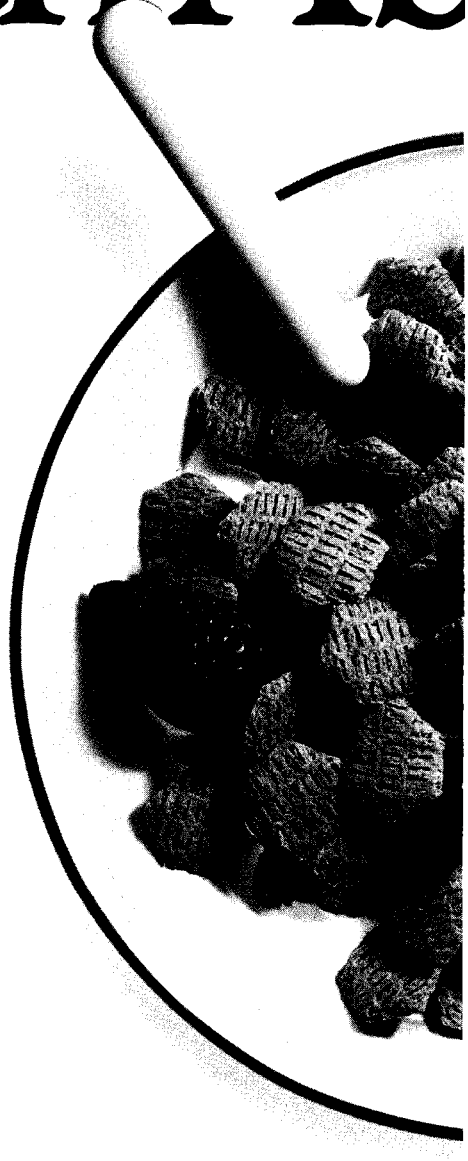
The Truth Ab







By now, you've heard plenty about oat bran and cholesterol. And chances are, you've come to believe that most oat bran cereals are the same.

The truth is, they're not.

Original Quaker Oat Bran hot cereal's Been to Medical School

Most oat bran cereals haven't been through extensive clinical testing.

Original Quaker Oat Bran hot cereal has. It was tested by Northwestern University Medical School, where participants added 56 grams daily to a fat-modified diet.

The results were positive. Original Quaker Oat Bran hot cereal helped reduce cholesterol significantly as part of that diet.

The Most Oat Bran, Hot or Cold

Original Quaker Oat Bran hot cereal provides more oat bran than any other leading cereal. 28 grams of oat bran per serving.

And now, for the first time, the same oat bran ingredient is available in a delicious, crunchy cold cereal.

New Quaker Oat Bran cold cereal provides more oat bran than any leading cold

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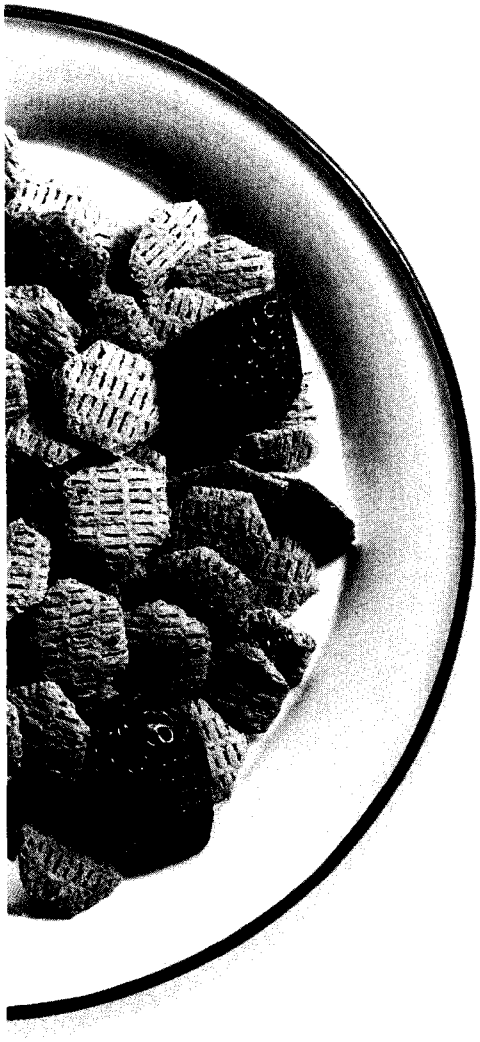
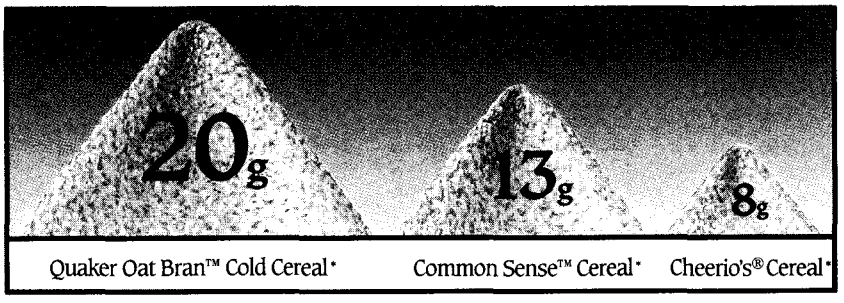
out Oat Bran.





cereal. Period. It provides 50% more oat bran than Common Sense cereal and over twice the oat bran of Cheerios.

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Quaker Oat Bran cereals meet the federal low sodium guidelines. Cheerios and Kellogg's Common Sense don't.

And with Quaker's high oat bran content, there's very little room for other ingredients you should avoid, like sugar and fat.

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Quaker Oat Bran Cereals.

*per 1oz. serving.

Oat Bran From The Expert.™

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HEARTBEAT

APPETIZING ALTERNATIVES

Low-fat, high-fiber snacks have everything going for them, including holiday guests.

Shanghai Party Pleasers
(Makes 2 dozen)

Arrange these meatballs on a skewer with crisp vegetables or fresh fruit for an impressive appetizer. Make in the morning, refrigerate, then microwave these meatballs for dinner guests.

1 can (20 oz.) crushed pineapple in juice, undrained
¼ cup firmly packed brown sugar
2 tablespoons cornstarch
Dash of ginger
1 cup water
2 tablespoons margarine
1 pound finely chopped, cooked, skinned turkey or chicken
¾ cup oat-bran hot cereal, uncooked
⅓ cup plain low-fat yogurt
⅓ cup finely chopped water chestnuts, drained
⅓ cup sliced green onions
2 tablespoons light soy sauce
1 egg white, slightly beaten
1 teaspoon ginger
½ teaspoon salt, if desired

Drain pineapple; reserve juice. In medium saucepan, combine brown sugar, cornstarch, and ginger; mix well. Add pineapple juice, water, ¼ cup pineapple, and margarine; mix well. bring to boil over medium-high heat; reduce heat. Simmer about 1 minute; stir frequently or until sauce is thickened and clear. Set aside.

Heat oven to 400° F. Lightly spray rack of 13" x 9" baking pan with vegetable oil cooking spray, or oil lightly. Combine turkey, oat bran, yogurt, water chestnuts, onions, soy sauce, egg white, ginger, salt, and remaining pineapple; mix well. Shape into 1" balls. Place on prepared rack. Bake 20-25 minutes or until light golden brown. Serve with sauce.

Santa Fe Waffles
(Makes 6 servings)

Try this unique snack with a Southwestern accent. Try sprinkling these waffles with part-skim mozzarella cheese; broil and serve.

2 medium tomatoes, chopped
½ cup chopped onion
½ cup chopped green bell pepper
1-2 tablespoons snipped fresh cilantro or *1-2 teaspoons crushed cilantro leaves*
1-2 tablespoons lemon juice
⅛ teaspoon ground red pepper
2 egg whites
1 cup oat-bran hot cereal, uncooked
1 cup all-purpose flour
2 tablespoons sugar
½ teaspoon baking soda
½ teaspoon baking powder
½ teaspoon salt, if desired
1¼ cups skim milk
3 tablespoons vegetable oil

For salsa, combine tomatoes, onion, green pepper, cilantro, lemon juice, and red pepper. Cover; refrigerate at least 1 hour.

Heat waffle iron according to manufacturer's directions. Beat egg whites until soft peaks form; set aside. Combine oat bran, flour, sugar, baking soda, baking powder, and salt; mix well. Whisk milk, oil, and ⅔ cup salsa until well-blended. Add to dry ingredients; mix just until moistened. Do not overmix. Fold egg whites into batter. Pour about 1 cup batter onto surface of grid. Close lid; bake until steam no longer escapes from sides of iron and waffles are golden brown. Serve with remaining salsa.

Shanghai Party Pleasers have eight grams of oat bran per serving.

Hot Sesame Wafers
(Makes 3 dozen)

Serve these spicy wafers with a yogurt dip. They're great served with salads or low-fat cheeses.

½ cup oat-bran hot cereal, uncooked
½ cup all-purpose flour
½ teaspoon baking powder
¼ teaspoon salt, if desired
¼ teaspoon ground red pepper
2 tablespoons margarine
2 tablespoons light corn syrup
2 tablespoons toasted sesame seeds
2-3 tablespoons skim milk

Heat oven to 350° F. Combine oat bran, flour, baking powder, salt, and red pepper. Add margarine and corn syrup; mix until mixture resembles coarse crumbs. Stir in sesame seeds. Gradually add milk; mix just until dough forms a ball. On lightly floured surface, roll out dough to ⅛" thickness. Cut with 2" biscuit or cookie cutter. If dough becomes too stiff, add 1 teaspoon skim milk at a time until of desired consistency. Transfer with spatula to ungreased cookie sheet. Bake 10-12 minutes or until firm.

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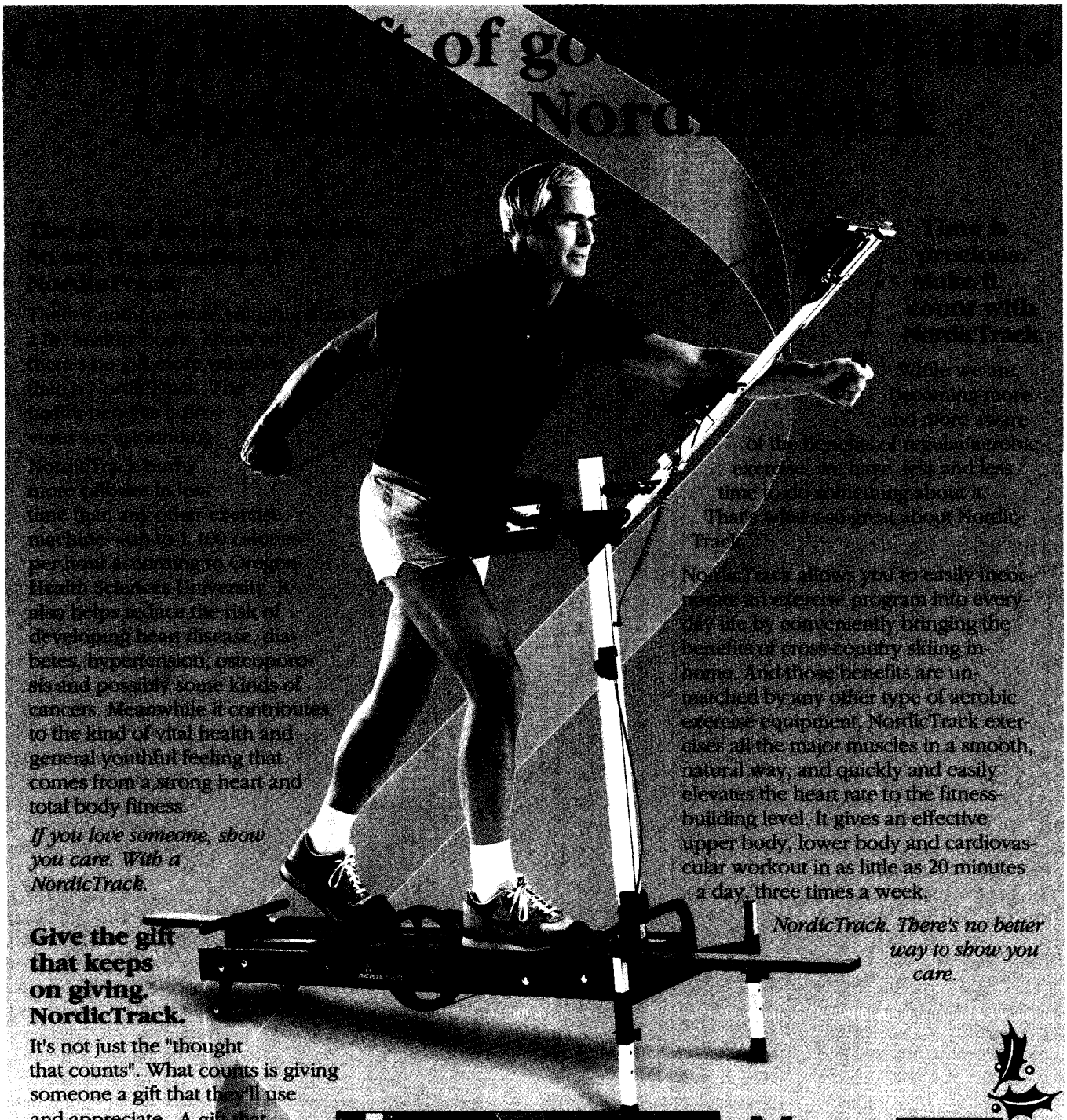

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NordicTrack allows you to easily incorporate an exercise program into every day life by conveniently bringing the benefits of cross-country skiing in-home. And those benefits are unmatched by any other type of aerobic exercise equipment. NordicTrack exercises all the major muscles in a smooth, natural way, and quickly and easily elevates the heart rate to the fitness-building level. It gives an effective upper body, lower body and cardiovascular workout in as little as 20 minutes a day, three times a week.

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FOOD

TRIBUTE TO TURKEY

The great gobbler of Thanksgiving fame has been hailed by conquistadors, kings, and Pilgrims.

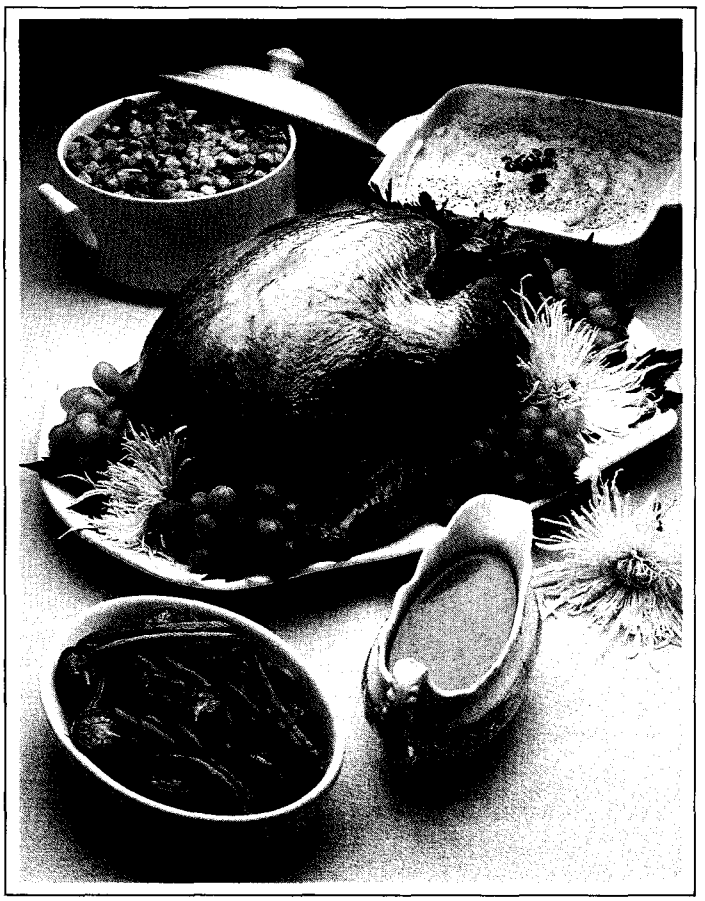
by Mara Evans

When the Spaniards conquered Mexico in the early 16th century, they were especially delighted with a very handsome and pleasantly tasty bird the Aztecs had under partial domestication. Specimens of the nameless fowl were promptly sent back to Spain to be traded about by Jewish merchants, who thought the fine creatures looked more like peacocks than anything else. The Hebrew word for peacock was *tukki*, from an Indian word, *toka*, meaning "trailing skirt," and in the resulting confusion over origin and name, the new birds were sold, to anyone rich enough to buy them, as "turkeys." They were no more Turkish than the Grand Canyon.

The Old World made overtures toward the imported delicacy. Armenians took turkeys to Persia, and the Dutch took them to the East Indies. In France—where the turkey was, and is, called *dinde* because they believed it hailed from India—the bird was first served for the wedding feast of the young Charles IX to Elizabeth of Austria. Twelve turkeys were considered fine enough for a royal gift from the merchants of Amiens to Charles. By the middle of the century, England met the bird, and in another 20 years it was being plentifully raised in Britain.

The great wild turkey was one of the best gifts the New World offered to the fugitive Pilgrims and the new colonists. The Puritans adopted the turkey with both enthusiasm and relief. Hating the "mummery" of Old England's Christmas festivities, they outlawed the Orientally spiced, manger-shaped mince pie and the elaborately stuffed goose; they substituted the indigenous, indisputably American wild turkey. The turkey was soon inseparably identified with the old, sweet Christmas legends and the newer, privation-won traditions of Thanksgiving Day in America.

And so it stands. The annual tradition initiated by our forefathers remains a memorable and delicious tribute to their pioneer spirit, and it accents the warm communal gatherings of family and friends.



Delicious Lemon-Herb Basted Turkey and Gravy comes with side dishes of turkey casserole, turnip-potato purée, and green beans.

Lemon-Herb Basted Turkey and Gravy

1 fresh or thawed frozen (not prebasted) turkey and giblets, about 10-12 pounds
1 cup diced onion
1 tablespoon plus ½ teaspoon Mrs. Dash salt-free Lemon & Herb seasoning blend
2½ cups water
2 tablespoons unsalted margarine, at room temperature
Harvest Dash Dressing (see recipe below)
1 tablespoon plus 1 teaspoon cornstarch
1 tablespoon dry vermouth

Preheat oven to 325° F. In large roasting pan, scatter giblets and onions; sprinkle with ½ teaspoon seasoning blend. Add 1½ cups water.

In small bowl, stir margarine with 2 teaspoons seasoning blend. Spread 1 teaspoon of this mixture in turkey cavity; 1 teaspoon over outside skin. Loosen skin over breast with fingertips; spread additional margarine over breast meat under skin. Loosely fill turkey cavity with dressing. (Any extra can be baked uncovered in small casserole 30 minutes.) Sew or skewer cavity opening or cover with small piece of foil. Sprinkle turkey with ½ teaspoon seasoning blend.

Roast 45 minutes without basting. Baste with pan juices; add 1 cup water. Continue roasting about 3 hours, until juices run clear when thickest part of thigh is pierced with fork. Baste every 20 minutes and add more water, as needed. (There should always be at least ¼" liquid.)

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Transfer turkey to serving platter. Cover loosely and let rest 15 minutes. Set aside giblets for later use in making Turkey Stock (see recipe on following page).

Gravy: Scrape bottom of roasting pan with wooden spoon to loosen and dissolve any brown bits. Strain into 2-cup measure. Spoon or pour off all but 2 tablespoons of fat.

In small bowl, whisk cornstarch and enough water to make 1½ cups gravy when added to pan juices. Whisk into pan juices. Transfer to small saucepan. Whisk in remaining ½ teaspoon seasoning blend and vermouth. Bring to boil; stir constantly over medium-low heat. Simmer 1 minute. Makes 1½ cups gravy.

Harvest Dash Dressing
(Makes 8 servings)

1 cup each *diced carrot, celery, and onion*
1½ cups water
1 teaspoon Mrs. Dash salt-free Low Pepper-No Garlic seasoning blend
8 slices cinnamon-raisin bread
¼ cup apple juice

Preheat oven to 325° F. In large covered deep skillet or saucepan, combine carrots, celery, onions, 1 cup water, and seasoning blend. Heat to boiling. Lower heat and simmer, covered, 15 minutes until vegetables are tender. Transfer vegetables and liquid to large bowl.

Meanwhile, quarter bread slices and lightly toast on ungreased baking sheet 10 minutes. Toss bread, vegetable mixture, apple juice, and remaining ½ cup water lightly, just until bread is thoroughly moistened. (Add small amount of water, if necessary.) Cool dressing slightly before stuffing turkey.

Lemon-Herb Crusted Turnip-Potato Purée
(Makes 8 servings)

1¾ pounds scrubbed potatoes, cut in 1" cubes
1¼ pounds peeled white or yellow turnip, cut in 1" cubes
½ cup honey-crunch wheat germ
2¼ teaspoons Mrs. Dash salt-free Lemon & Herb seasoning blend
¼ cup chopped scallions
¼ cup reduced-calorie unsalted margarine
¼ cup plain yogurt

In large saucepan, cover potatoes and turnip cubes with water. Bring to boil; then reduce heat and simmer about 30 minutes, until vegetables are tender. Drain in colander. In small bowl, toss wheat germ and seasoning blend.

In mixer bowl, combine drained vegetables, ⅓ cup seasoning-blend mixture, scallions, margarine, and yogurt. Beat or mash until smooth. Pipe or spoon mixture in mounds around turkey platter, or transfer to shallow 1½-quart casserole. Sprinkle remaining seasoning-blend mixture over top. Pat with back of fork. Serve immediately.

Spicy Green Beans
(Makes 6 servings)

1½ pounds fresh green beans, stem ends trimmed
2 tablespoons white vinegar
1 teaspoon packed brown sugar
1 tablespoon unsalted margarine
½ teaspoon salt-free Mrs. Dash Extra Spicy seasoning blend

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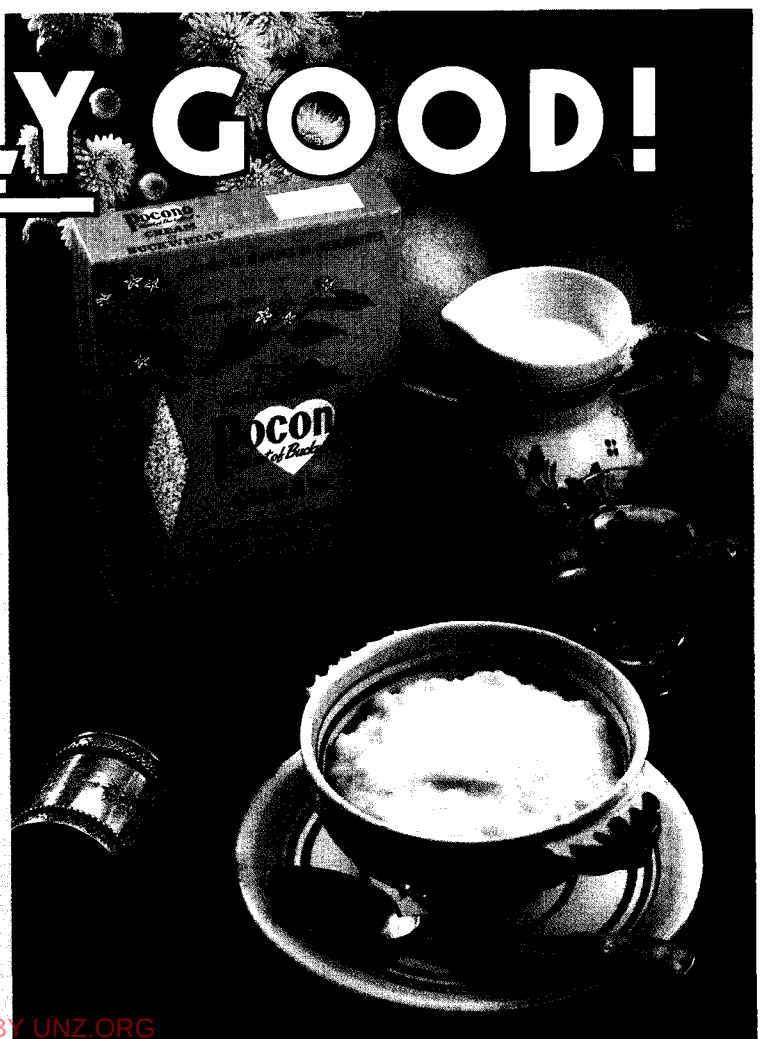

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15 cherry tomatoes, halved

Cook beans in boiling water 10-12 minutes, until crisp tender. (These may be prepared in advance, rinsed under cold water, drained, and set aside.)

In large skillet, stir vinegar, sugar, margarine, and seasoning blend over medium heat until margarine melts and syrup is formed. Add beans and tomatoes. Toss quickly, until tomatoes soften slightly and give off juices, and all vegetables are heated through and lightly coated in syrup. Arrange on turkey platter or transfer to serving dish. Scrape any syrup in pan over vegetables before serving. (These may be kept warm in 325° F. oven 20 minutes.)

Turkey Stock
(Makes about 2 quarts)

Cut up (using strong kitchen shears) all remaining turkey bones; place in large pot with reserved giblets (see turkey recipe) and any remaining bits of turkey. Add enough cold water to cover bones, about 3 quarts. Cover and bring to boil. Skim any surface fat and foam. Add 2 teaspoons Mrs. Dash salt-free Original 14 seasoning blend. Simmer, uncovered, 1¼ hours. Strain.

Curried Turkey Dinner
(Makes 4 servings)

1 package (10 oz.) frozen broccoli spears, cooked and drained
2 cups cooked turkey, cubed
1 can (10½ oz.) reduced-sodium cream of mushroom soup
¼ cup reduced-calorie mayonnaise
1½ teaspoons lemon juice
1 teaspoon curry powder
1 cup seasoned croutons

Preheat oven to 350° F. In 8″ square baking dish, layer broccoli spears; top with turkey. In small bowl combine cream of mushroom soup, mayonnaise, lemon juice, and curry powder. Pour mixture over turkey and top with croutons. Bake 20-25 minutes or until bubbly.

Turkey Gumbo Soup
(Makes 6 servings)

3 cups turkey or chicken broth
½ cup chopped onion
¼ cup chopped celery
1 package (10 oz.) cut frozen okra
1 can (16 oz.) tomatoes
⅛ teaspoon pepper
¼ cup uncooked rice
2 cups chopped turkey

Heat turkey or chicken broth to boiling. Add onions, celery, okra, tomatoes, pepper, rice, and turkey. Cover and cook slowly 15 minutes, until vegetables and rice are tender.

Use turkey leftovers to make wonderful soup stock or for such healthful casseroles as Curried Turkey Dinner (above).

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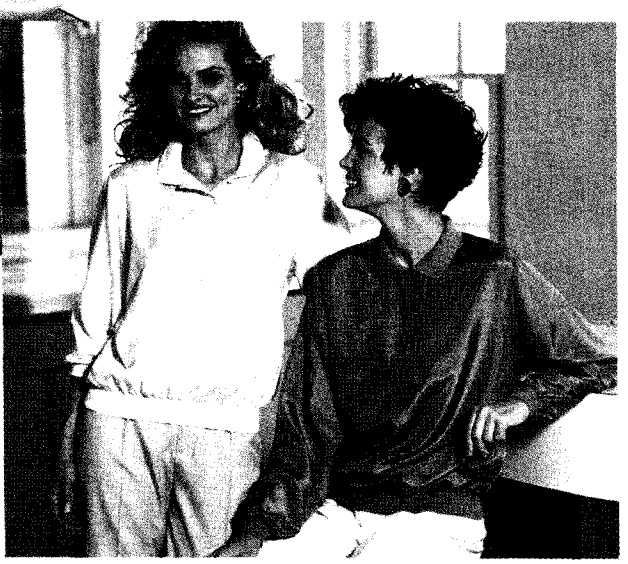

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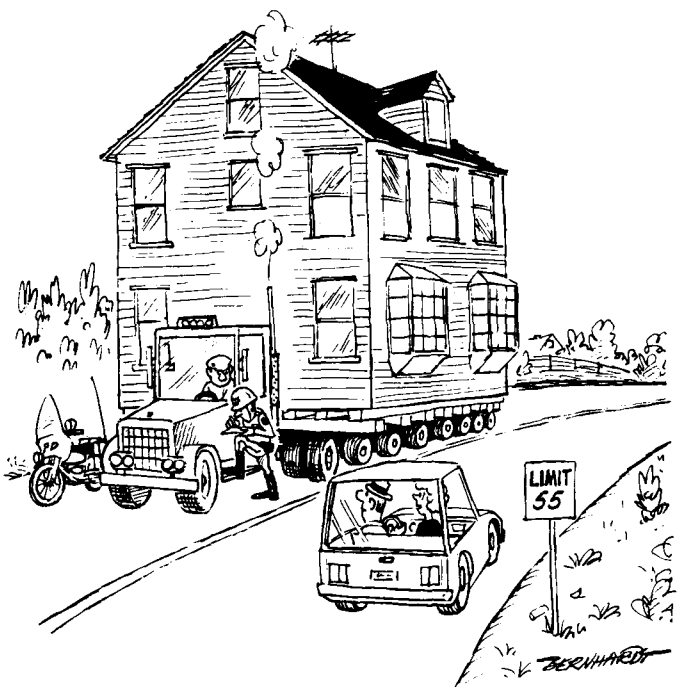
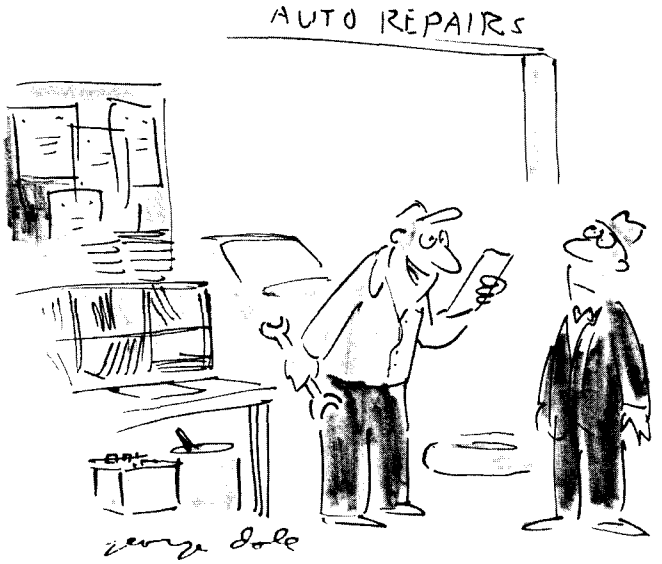
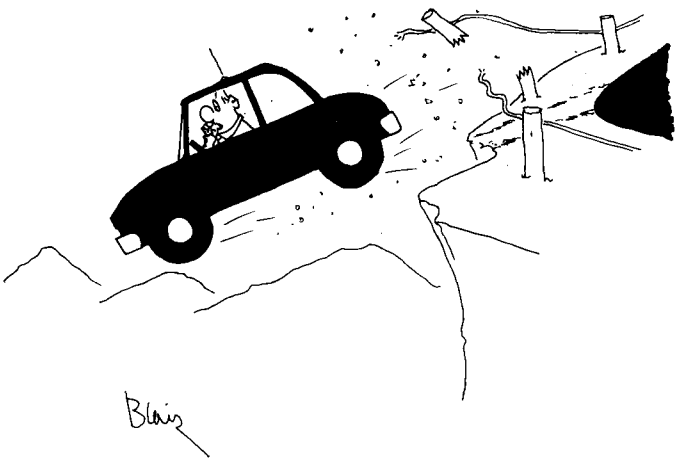
CARTOONS



"Hardly anyone obeys the 55-mile speed limit anymore."



"Oh, oh, you're right, sir—I should have added instead of multiplying."



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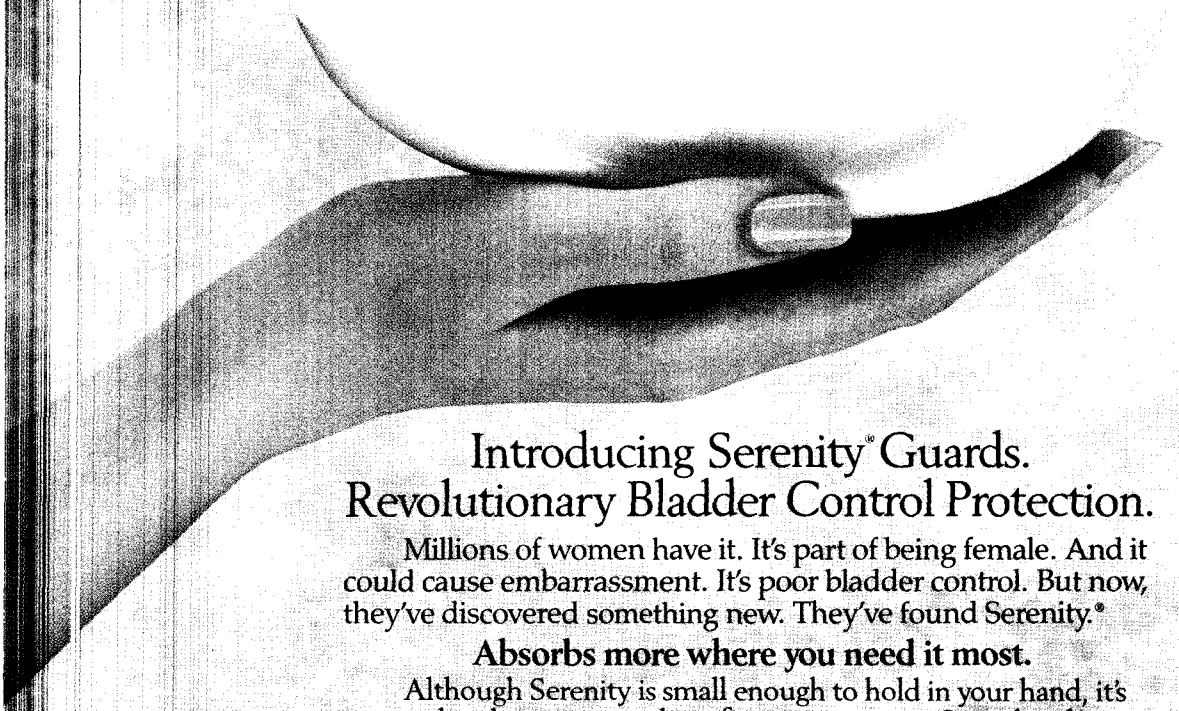

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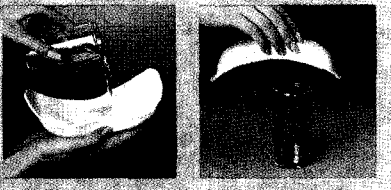

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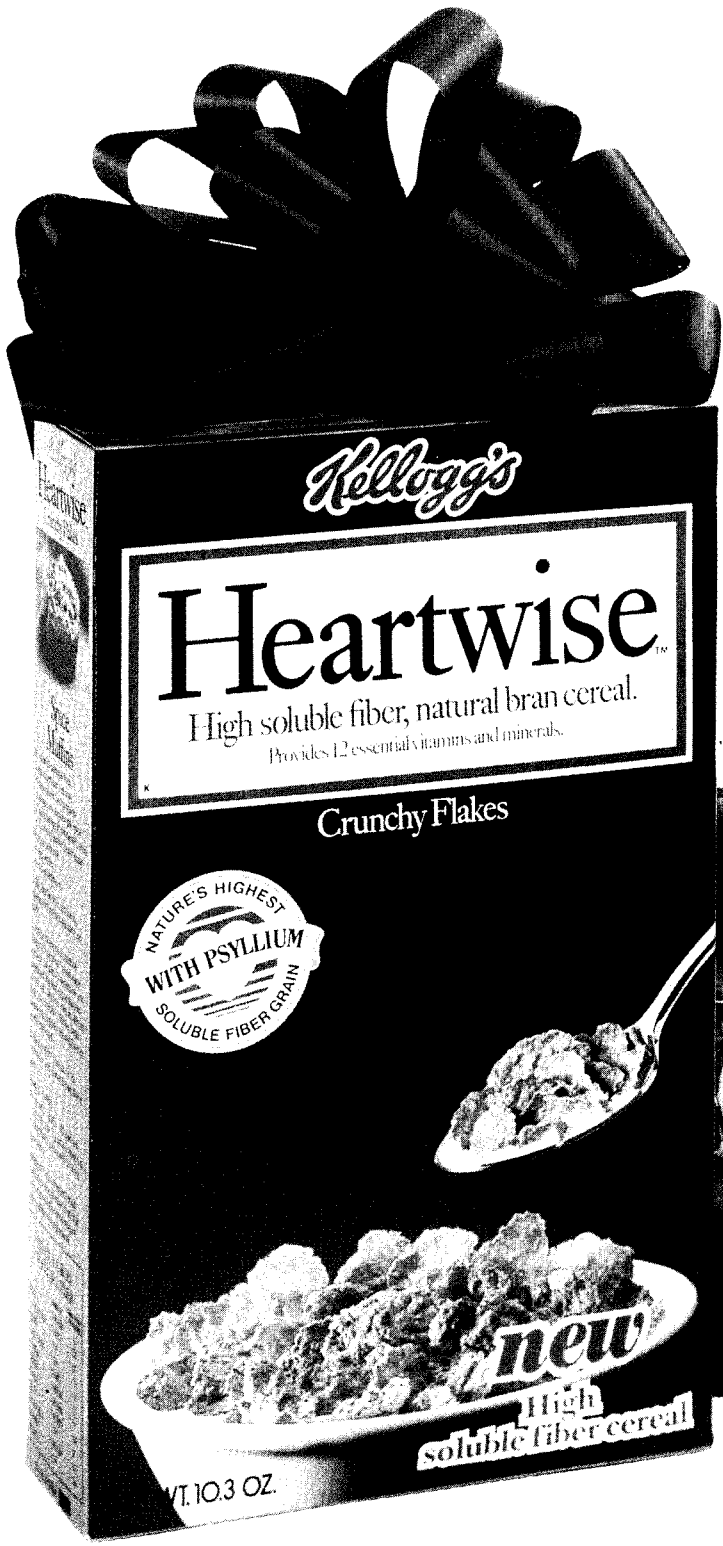
syllium and " soluble" Fiber:
Getting " serious" About syllium

A New Source of Fiber Is Here and We Want You To Try It.

Possibly one of the worst dangers of "hypercholesterolemia" is strangulation from trying to pronounce the word. But the best news we've heard is the recent discovery that adding a natural, water-soluble, gel-forming grain fiber—psyllium—to the diet can reduce the bad (LDL) cholesterol. LDL cholesterol clogs the arteries and leads to coronary heart disease—the No. 1 cause of death in the United States.

Our regular readers know that the *Post* was part of the original fiber gang urging the public to switch to high-fiber, complex-carbohydrate diets. Dr. Denis Burkitt and Dr. James Anderson were guests in our kitchen when we wrote the first *Fiber & Bran Better Health Cookbook*.

With the advent of psyllium-containing cereal, consuming sufficient daily fiber will be infinitely easier. We might add that if the psyllium-supplemented cereal is Kellogg's new Heartwise™, the word "tasty" will also apply.



Prunes, sometimes referred to as the "drive-through" breakfast, have never been more tasty than when embedded in a Heartwise muffin fresh from the oven. This is but one of five recipes to be included with your free 10.3-ounce box of Kellogg's brand-new psyllium-fortified cereal.

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Get a gift box of Heartwise

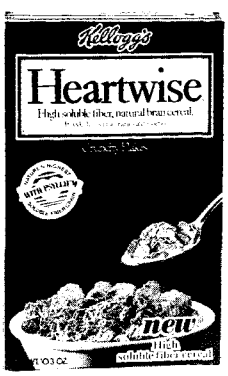
Because we want you to be the first in your neighborhood to taste Heartwise, we will mail you a 10.3-ounce gift box when you support us by putting your money on the line for a subscription or renewal to the *Post*.

Your *SatEvePost* kitchens have been busily concocting delicious recipes using psyllium-containing Heartwise cereal to make muffins and other delectable goodies. So when you receive your box of Heartwise cereal, you'll also get our recipes for making your soluble fiber as tasty as anything else you put on your table.

To get your recipes and your box of Heartwise to cook them with, just get out your old checkbook and support the Saturday Evening Post Society one more time. We aim to keep you healthy; to do so, we are now inaugurating a program for putting your mouth where Heartwise cereal is.

Subscribe to the POST

You can trust the *Post*. We started the fiber movement . . . you heard it first from us. We were crusading for the high-fiber, low-fat diet in the early 1970s. Wheat bran to help prevent colon cancer; oat bran for lowering cholesterol. Now you can trust us when we urge you to try a new, more potent way to ensure your fiber intake is adequate.



Our gift to you! A 10.3-ounce box of Heartwise with psyllium and five new delicious recipes to use it in.

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Urge your relatives to read our health advice. Give us a pat on the back. The American Council on Science and Health did when they named the *SatEvePost* "excellent" in nutrition reporting—an accolade given to only one other magazine, *Consumer Reports*.

This Christmas when you give the *Post*, if you order from the card or coupon herewith, it will go to your happy recipients with a full-size, 10.3-ounce box of Heartwise to show them you care.

With your gift we'll send new recipes using Heartwise in carrot cake, a tuna-spinach casserole, a delicious Heartwise fruit bread, and a Heartwise gourmet mushroom soup.

Prune Muffins

(Makes 12 muffins)
1¾ cups all-purpose flour
¼ teaspoon salt, if desired
1 tablespoon baking powder
2 teaspoons lemon juice
1 teaspoon vanilla
2 cups Kellogg's Heartwise cereal
1¼ cups skim milk
2 egg whites
¼ cup olive oil
2 cups chopped prunes

Stir together flour, salt, baking powder, lemon juice, and vanilla; set aside. In large mixing bowl, combine Kellogg's Heartwise cereal and milk. Let stand 3 minutes or until cereal softens. Add egg whites and oil; mix well. Add flour mixture and prunes; stir only until combined. Portion batter evenly into lightly greased 2½" muffin-pan cups. Bake in 400° F. oven about 20 minutes or until golden brown. Serve warm.

THE SATURDAY EVENING POST

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HEARTBEAT

The Healthy Heart Report

OUR THRESH-HOLD TO HEALTH

A concentrated form of fiber in new cereals will help provide the daily requirements without a high intake of calories.

by Maynard Good Stoddard

Illustrated by Lucian Lupinski

Psyllium, a fiber grain being threshed today, is making quite a stir among cereal manufacturers. "If this grain is so important to good health that doctors recommend it in the form of such products as Metamucil and Fiberall for their non-fiber-eating patients, why not incorporate it in the cereal bowl?" the cereal companies ask.

So, for those patients who lack the "heart smarts" to get their fiber quotas by eating whole-grain cereals and breads, vegetables, and fruits, here's the answer: a concentrated form of fiber in a new cereal now being introduced to the market.

Dr. James Anderson of the University of Kentucky, who was an early fiber authority, recommends 70 grams of fiber (soluble and insoluble) a day for his heart patients with seriously high cholesterol levels and 25 to 40 grams a day for the general public.

It takes a heap of eating to consume 25 to 40 grams of fiber a day. The trick is to reach the fiber quota without having the calories add up faster than the fiber. The good news is that psyllium has an unobtrusive flavor that doesn't interfere with most of the dishes you might add it to. We have tried psyllium-laced cereal in any number of recipes, and they are all mighty tasty.

To test the value of an increase in dietary-fiber intake as part of an overall health diet, Dr. Anderson and his colleagues treated patients having elevated cholesterol levels with either cellulose placebos (no-effect substances) or psyllium grain. Subjects took about a teaspoonful of the orange-flavored granules stirred into a glass of water before every meal. All were on standard diets with less than 100 milligrams of cholesterol daily. After eight weeks, psyllium takers had reduced their total cholesterol levels by 14.8 percent; low-density lipoproteins (LDL—the bad guys), by 20.2 percent. Psyllium did not affect body weight, blood pressure, or blood levels of HDL (the guys in the white hats), triglycerides, glucose, iron, or zinc.

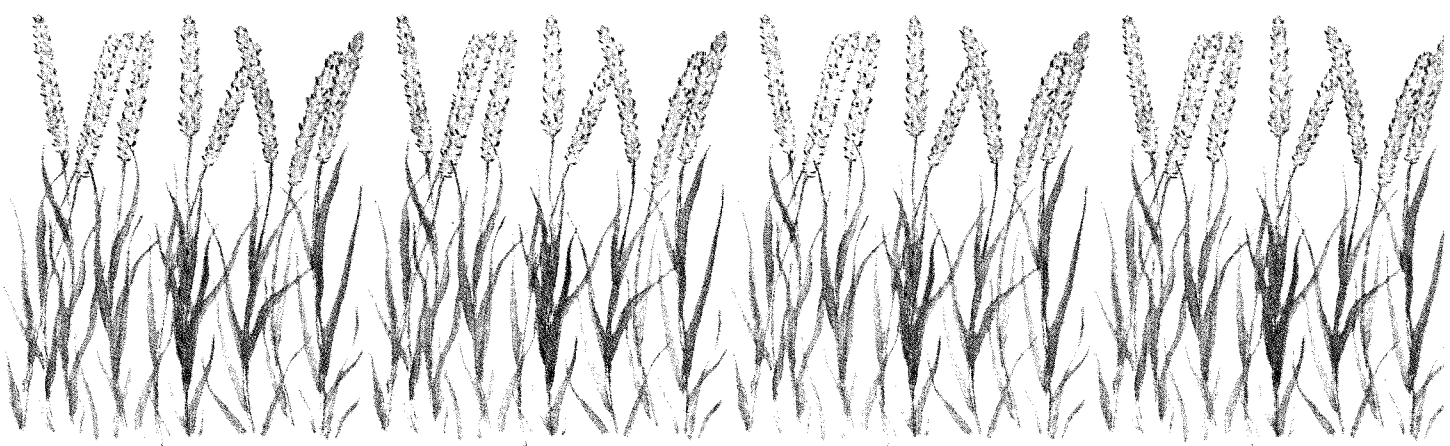
As a health food, psyllium belongs to a group of soluble fibers, including gums, pectins, and mucilages, that show cholesterol-lowering effects when added to patients' diets. Psyllium and oat bran, both concentrated sources of soluble fiber, are most effective for lowering blood fat levels and reducing heart disease risks. The method by which they do so is not currently well-understood. But more important, especially to high-cholesterol patients, is that there is ample evidence that they do so.

With increasing evidence that lowering LDL levels will decrease the incidence of coronary events, treatment for patients with elevated cholesterol levels (which include 40 to 50 percent of the U.S. population) begins with dietary therapy.

One study reveals that for "people with high cholesterol levels, daily doses of psyllium combined with the proper diet may be all the therapy they need to control this problem. The same combination may also serve as an alternative to drug therapy for a significant number of people, helping them to avoid the expense and possible side effects of drug therapy."

In a Netherlands study, men with the lowest fiber intake had four times the death rate from heart disease than men with the highest fiber intake. In the same study, men with the lowest fiber intake also had three times the death rate from cancer.

Other studies have shown that people with high fiber intake develop colon cancer less frequently than those with low fiber intake do. Studies also have linked breast cancer to a high-



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fat, low-fiber diet.

Fiber also holds great potential to help prevent or treat many of the chronic diseases of our society. This includes the five major causes of death and disability in the United States: heart disease, cancer, high blood pressure, obesity, and diabetes.

In a 1974 interview with Dr. Gary Costley at Kellogg's, he said, "Americans began to eat less fiber around 1870. It was then that milling techniques made flour with a low-fiber content readily available. White bread contains less than 1 percent fiber. Meanwhile, consumption of bread has dropped by 80 percent since 1880. The intake of cereal fiber in the form of porridge has dropped by 33 percent during the last century. All in all, Americans probably eat less than 20 percent of the fiber they did a century ago."

Thanks to Dr. Costley's efforts and those of his colleagues, we're sure more people are eating cereal and their "daily bread" in 1989.

Dr. Costley, trained as a nutritionist, was, and still is, a leader in the fiber explosion that has changed the medical profession in the way it looks at food as a "preventive medicine."

It was also the Kellogg Company that recently braved tradition by being the first to print fiber information from the National Cancer Institute on millions of cereal boxes. The Food and Drug Administration, to its credit, did not choose to call the food "medicine." Nor are the high-fiber prunes in the cereal likely to become a "medicine" under the jurisdiction of the FDA.

This chart, first published in the *SatEvePost* in 1974, long before the current fiber consciousness, is based on data collected by Dr. Denis Burkitt during his years as a surgeon in Africa. As he pondered his findings, Dr. Burkitt came to believe strongly that the whole-grain and fiber-rich African diet played a crucial role in preventing diseases that have killed so many Americans.

PREVALENCE OF NONINFECTIOUS DISEASES

Observations were made by Dr. Denis Burkitt in 1974.

Condition	In the United States	In Africa
Ischemic heart disease	Responsible for a third of all deaths	Virtually unknown. Incidence just beginning to increase slowly in large cities
Appendicitis	The most frequent of abdominal emergencies	Virtually unknown in rural areas. Incidence starting to rise in more westernized communities
Diverticular disease	The most common disease of the colon	Almost unknown
Gallstones	Present in some 10% of the adult population	Exceedingly rare
Varicose veins	Present in over 10% of the adult population	Present in probably under 0.1% of those living in a traditional manner. Increasing with adoption of Western customs
Deep vein thrombosis and resultant pulmonary embolism	These make hospital life increasingly hazardous	Very rare
Hiatus hernia	Demonstrable in nearly half the population over the age of 50 years	Almost unknown
Hemorrhoids	Demonstrable in nearly half the population over the age of 50 years	Rare or very rare according to degree of westernization
Cancer of the colon and rectum	Second only to lung cancer as a cause of death from neoplasms	Rare
Obesity	Nearly half the adult population is markedly overweight	Rare among those living wholly on traditional diets. Becomes common with urbanization and adoption of Western foods

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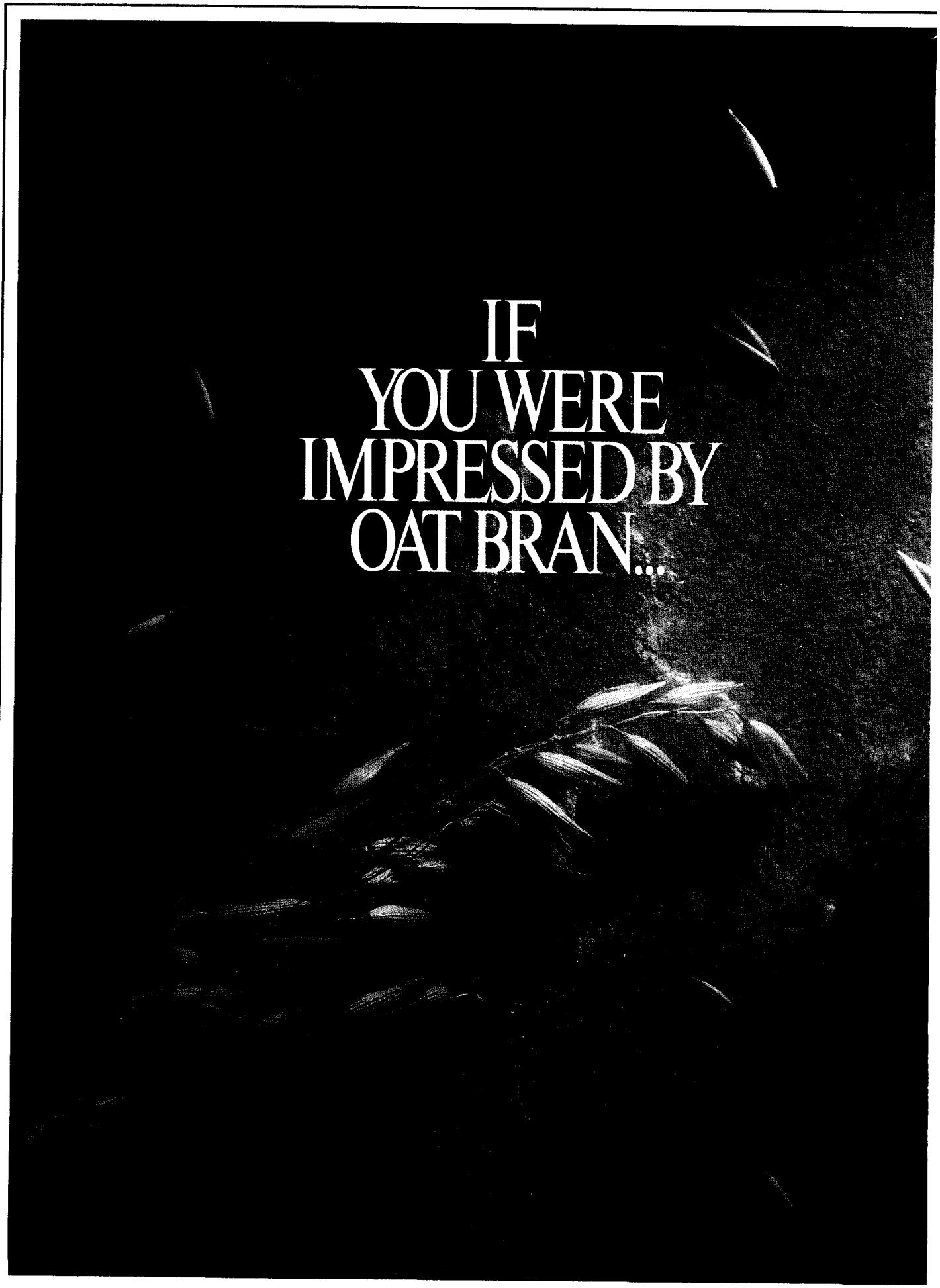

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WAIT'LL YOU READ WHAT WHEAT BRAN CAN DO.

THEY WEREN'T CREATED EQUAL, BUT THEY'RE BOTH IMPORTANT.

With all the publicity around oat bran these days, don't let your diet forget what wheat bran can do.

Research indicates a diet low in fat and high in soluble fiber, including foods like oat bran may help lower blood cholesterol. The reason is oat bran is a good source of soluble fiber.

Wheat bran is an excellent source of insoluble fiber. This means it does not dissolve in water; it creates bulk in your diet.

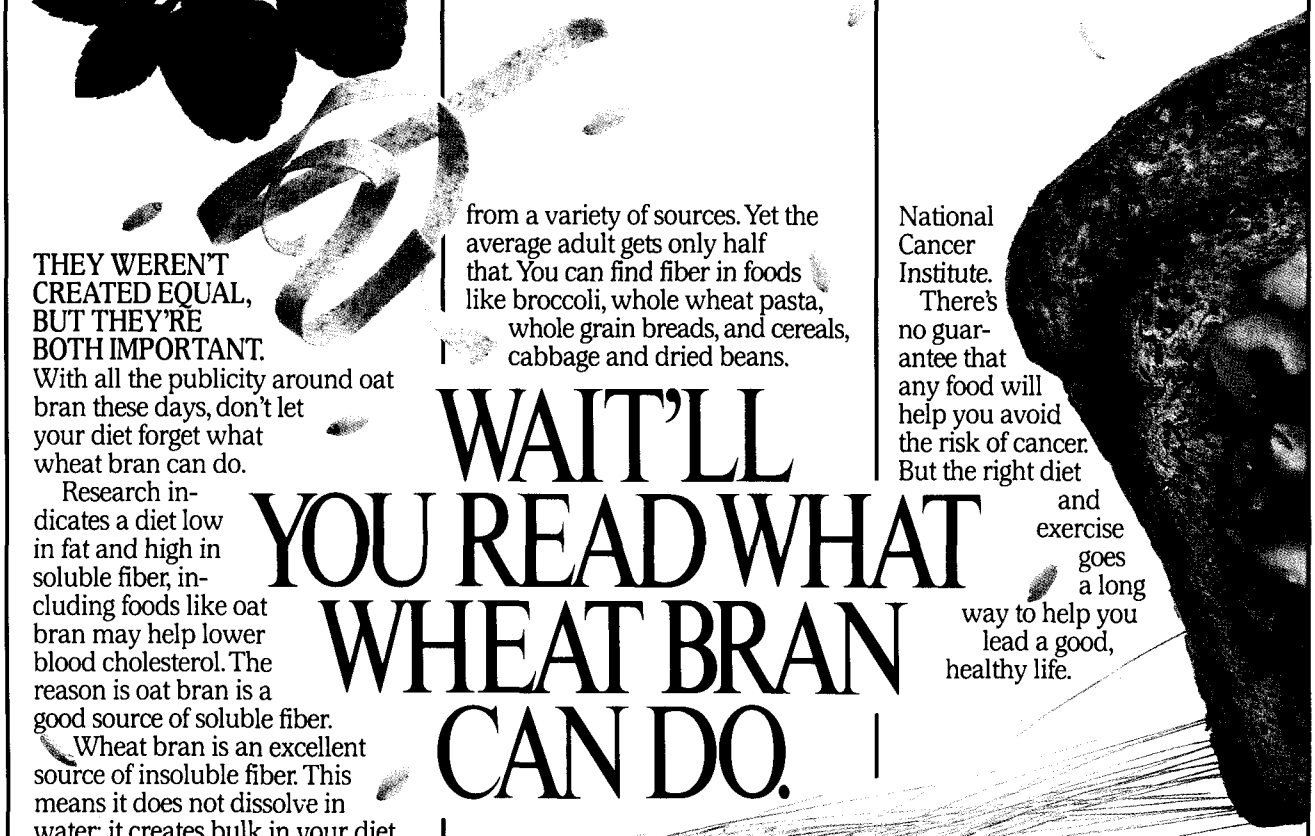
THERE'S AN EVEN BIGGER BENEFIT THAN JUST CREATING BULK IN YOUR DIET.

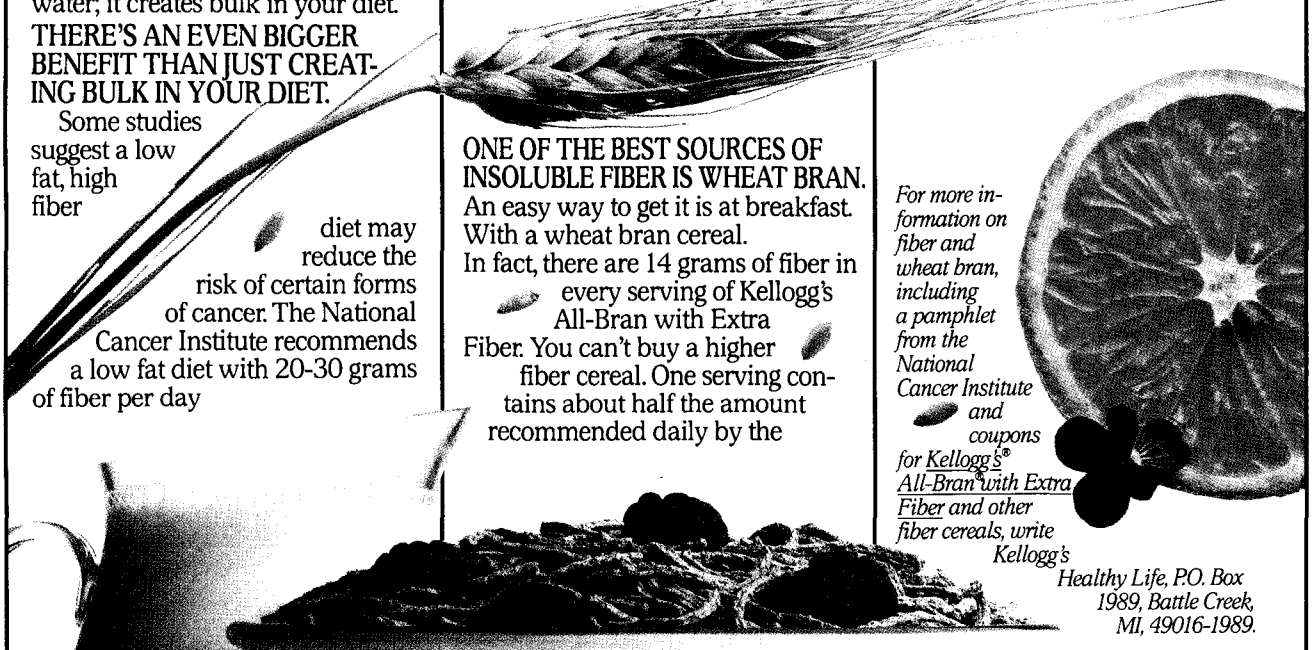
Some studies suggest a low fat, high fiber diet may reduce the risk of certain forms of cancer. The National Cancer Institute recommends a low fat diet with 20-30 grams of fiber per day from a variety of sources. Yet the average adult gets only half that. You can find fiber in foods like broccoli, whole wheat pasta, whole grain breads, and cereals, cabbage and dried beans.

ONE OF THE BEST SOURCES OF INSOLUBLE FIBER IS WHEAT BRAN.

An easy way to get it is at breakfast. With a wheat bran cereal. In fact, there are 14 grams of fiber in every serving of Kellogg's All-Bran with Extra Fiber. You can't buy a higher fiber cereal. One serving contains about half the amount recommended daily by the National Cancer Institute.

There's no guarantee that any food will help you avoid the risk of cancer. But the right diet and exercise goes a long way to help you lead a good, healthy life.





For more information on fiber and wheat bran, including a pamphlet from the National Cancer Institute and coupons for Kellogg's® All-Bran® with Extra Fiber and other fiber cereals, write Kellogg's Healthy Life, P.O. Box 1989, Battle Creek, MI, 49016-1989.

Kellogg's®

GET A TASTE FOR THE HEALTHY LIFE.™

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HEALTHFUL HIGH-FIBER, LOW-FAT RECIPES

Harriet Greenwald cooks for prevention—and her family loves what they eat.

Maybe it was Harriet's cooking that won Dr. Peter Greenwald's heart; most definitely it didn't hurt. Dr. Greenwald is the director of the National Cancer Institute's Division of Cancer Prevention and Control. (See page 58.) When he says eat more high-fiber, low-fat meals, you should listen.

Harriet Greenwald has a knack for turning simple ingredients into healthful low-fat, high-fiber meals. Although she often consults cookbooks, "she has as many books as I do in this office," her husband jokes, pointing at row after row of technical journals. She also adapts recipes with the special Greenwald touch.

Here she shares just a few personal favorites:

Lawsons Bran Muffins
(Makes about 15 muffins)

2 cups unprocessed bran (not bran cereal)
2 cups sifted flour
2 teaspoons baking soda
¼ teaspoon salt
¾ cup granulated sugar
1 cup dark raisins
1 cup buttermilk, at room temperature
3 tablespoons dark molasses
½ cup vegetable oil
1 large egg, at room temperature

Lightly coat with nonstick cooking spray the insides of enough 3" muffin tins (1½" deep) to accommodate about 15 muffins. Thoroughly blend together bran, flour, baking soda, salt, sugar, and raisins in one bowl. Whisk buttermilk, molasses, oil, and egg in second bowl, pour over dry ingredients, and mix until well-blended. Fill each cup ¾ full of batter and bake muffins on middle rack at 325° F. 20-25 minutes or until wooden pick inserted in center withdraws cleanly. Cool muffins in pan 1 minute; remove to cooling racks.

Chinese Pasta Salad
(Makes 4 servings)

16 ounces pasta

Small changes—like adding high-fiber muffins to your family's diet—can make a big difference in their health.

¼ cup Chinese sesame oil
4 tablespoons soy sauce
1 teaspoon rice vinegar
½ teaspoon minced garlic
¼ cup minced scallions
1 teaspoon hot chili oil (or to taste)
Salt and pepper to taste, if desired
½ cup blanched snow peas, spinach, or broccoli florets

Cook pasta to *al dente* stage, drain well, and toss with sesame oil, soy sauce, rice vinegar, garlic, scallions, chili oil, and salt and pepper. Chill salad several hours, preferably overnight. Add snow peas, spinach, or broccoli just before serving with a little dressing.

Joan Shih's Clear Steamed Fish
(Makes 4 servings)

1 pound whole fish
1 teaspoon salt
1 tablespoon rice wine or pale dry sherry
1 teaspoon vegetable oil
1 teaspoon cornstarch
1 clove garlic, crushed
2 slices ginger, shredded
1 green onion, shredded 1" long
Dip sauce:
2 tablespoons light soy sauce
¼ teaspoon sugar
1 teaspoon sesame oil

Clean fish; dry with paper towel. Cut few slashes diagonally on fish body. Rub fish inside and outside with salt. Mix rice wine, oil, and cornstarch. Rub fish with this mixture. Place garlic, ginger, and green onion on fish. Steam 20 minutes. Serve with dip sauce.

Dessert Wafers
(Makes about 50 wafers)

3 egg whites
Pinch of salt
⅓ cup superfine sugar
1 cup plain flour
⅓ cup blanched almonds, hazelnuts, or shelled pistachio nuts
1 teaspoon orange flower, rose water, or almond extract

Whisk egg whites with salt until they form stiff peaks. Add sugar gradually and whisk until shiny. Fold in flour, nuts, and orange flower, rose water, or almond extract.

Grease and flour loaf tin and spoon in mixture. Bake 35-40 minutes in preheated 350° F. oven. Turn out, cool, and wrap in foil. Refrigerate overnight.

Slice finely and place slices on baking tray. Allow to dry out in cool oven. Wafers should be crisp. Store in airtight container.

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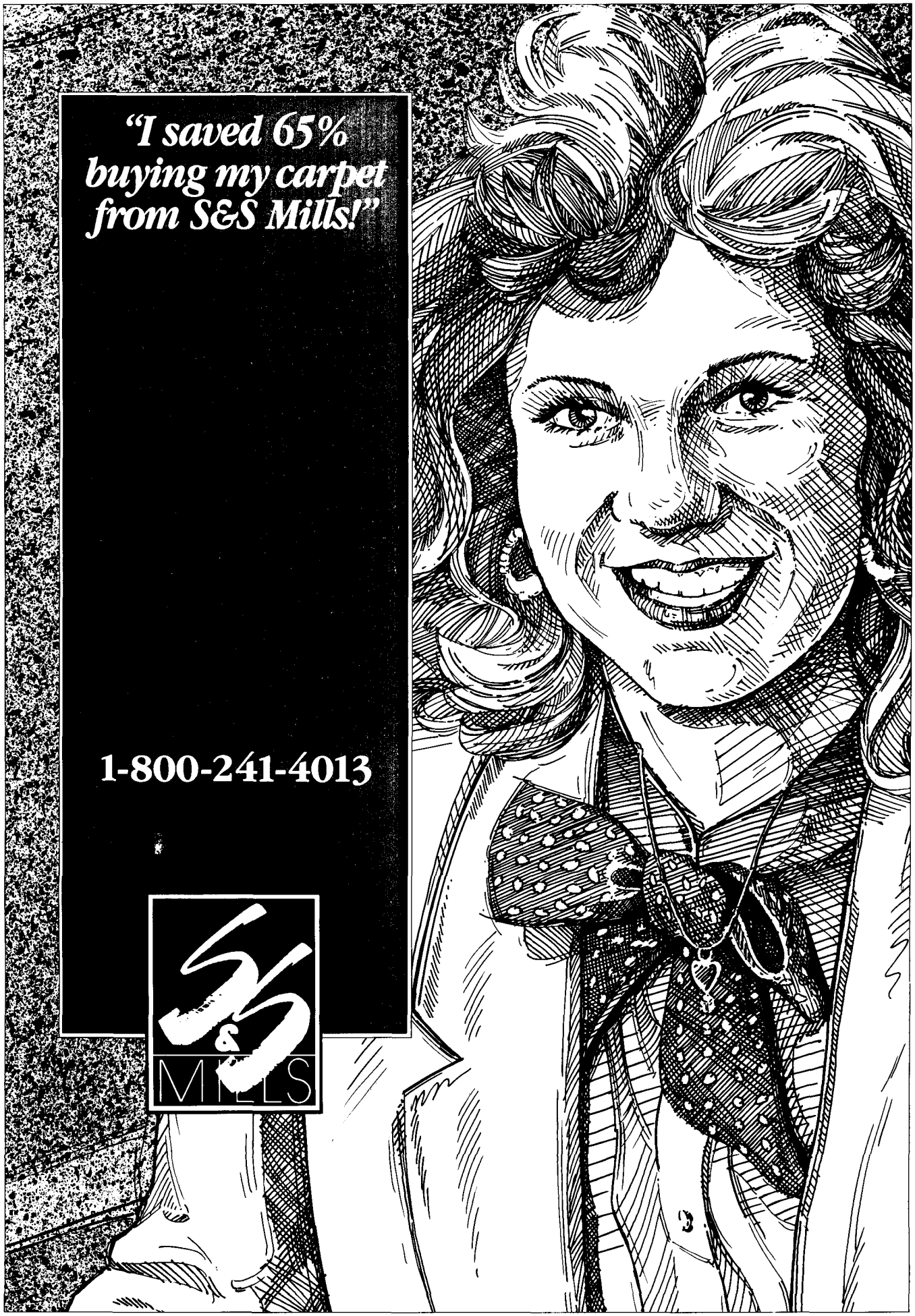

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THE QUICK ONE

FATHER BROWN AND THE INVISIBLE WITNESS

By G. K. Chesterton

Illustrated by H. R. Ballinger

Synopsis: ***John Raggley, a quarrelsome political activist, has been found dead in a corner of the Oriental saloon lounge at a Sussex-coast hotel—a dagger through his heart. On the previous day Father Brown had witnessed a threat against Raggley from a Moslem patron enraged by one of Raggley's remarks. Superficially, evidence points to the Moslem, but authorities soon discover that the dagger was placed some time after Raggley's death. Father Brown, meanwhile, has found another clue: a mysterious person he dubs "The Quick One," who had also been in the bar, is the key to the murder. Police mount an intensive search for The Quick One, a man dressed in an Inverness cape and thought to be en route to Edinburgh.***

Conclusion: Meanwhile, of course, the other lines of investigation were not neglected. The full report of the post-mortem had not yet come in, but everybody seemed certain that it was a case of poisoning. This, naturally, threw the primary suspicion upon the cherry brandy; and this again, naturally, threw the primary suspicion on the hotel.

"Most probably on the manager of the hotel," said Greenwood gruffly. "He looks a nasty little worm to me. Of course, it might be something to do with some servant, like the barman; he seems rather a sulky specimen, and Raggley might have cursed him a bit, having a flaming temper; though he was generally generous enough afterward. But, after all, as I say, the primary responsibility, and therefore the primary suspicion, rests on the manager."

"Oh, I knew the primary suspicion would rest on the manager," said Father Brown. "That was why I didn't suspect him. You see, I rather fancied somebody else must have known that the primary suspicion would rest on the manager, or the servants of the hotel. That is why I said it would be easy to kill anybody in the hotel. But you'd better go and have it out with him, I suppose."

The inspector went, but came back again after a surprisingly short interview, and found his clerical friend turning over some papers that seemed to be a sort of dossier of the stormy career of John Raggley.

"This is a rum go," said the inspector. "I thought I should spend hours cross-examining that slippery little toad there, for we haven't legally got a thing against him. And instead of that, he went to pieces all at once, and I really think he's told me all he knows in sheer funk."

"I know," said Father Brown. "That's the way he went to pieces when he found Raggley's corpse, apparently poisoned, in his hotel. That's why he lost his head enough to do such a clumsy thing as decorating the corpse with a Turkish knife, to put the blame on the Moslem. There never is anything the matter with him but funk; he's the very last man that ever would really stick a knife into a live person; I bet he had to nerve himself to stick it into a dead one. But he's the very first person to be frightened of being charged with what he didn't do, and to make a fool of himself, just as he did."

"I suppose I must see the barman too," observed Greenwood.

"I suppose so," answered the other. "I don't believe myself it was any of the hotel people—well, because it was made to look as if it must be the hotel people. . . . But look here; have you seen any of this stuff they've got together about Raggley? He had a jolly interesting life; I wonder whether anyone will write his biography."

"I took a note of everything likely to affect an affair like this one,"

Inquiries were made in a million places, in order to track the flying trail of that ghostly figure.

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answered the official. "He was a widower, but he did once have a row with a man about his wife—a Scotch land agent then in these parts—and Raggley seems to have been pretty violent. They say he hated Scotchmen; perhaps that's the reason—— Oh, I know what you are smiling grimly about. A Scotchman. Perhaps an Edinburgh man."

"Perhaps," said Father Brown. "It's quite likely, though, that he did dislike Scotchmen, apart from private reasons. It's an odd thing, but all that tribe of Tory Radicals, or whatever you call them, who resisted the Whig mercantile movement—all of them disliked Scotchmen. Cobbett did; Dr. Johnson did; Swift described their accent in one of his deadliest passages; even Shakespeare has been accused of the prejudice. But the prejudices of great men generally have something to do with principles. And there was a reason, I fancy. The Scot came from a poor agricultural land that became a rich industrial land. He was able and active; he thought he was bringing industrial civilization from the north; he simply didn't know that there had been for centuries a rural civilization in the south. His own grandfather's land was highly rural, but not civilized. . . . Well, well; I suppose we can only wait for more news."

"I hardly think you'll get the latest news out of Shakespeare and Dr. Johnson," said the official, grinning. "What Shakespeare thought of Scotchmen isn't exactly evidence."

Father Brown cocked an eyebrow, as though a new thought had just surprised him.

"Why, now I come to think of it," he said, "there might be better evidence, even out of Shakespeare. He doesn't often mention Scotchmen. But he was rather fond of making fun of Welshmen."

The inspector was searching his friend's face; for he fancied he recognized an alertness behind its demure expression.

"By Jove!" he said. "Nobody thought of turning the suspicions that way anyhow."

"Well," said Father Brown, with broad-minded calm, "you started by talking about fanatics, and how a fanatic could do anything. Well, I suppose we had the honor of entertaining, in this bar parlor yesterday, about the biggest, loudest, and most fatheaded fanatic in the modern world. If being a pigheaded idiot with one idea is the way to murder, I put in a claim for my reverend brother Pryce-Jones, the prohibitionist, in preference to all the fakirs in Asia, and it's perfectly true, as I told you, that his horrible glass of milk was standing side-by-side on the counter with the mysterious glass of whiskey."

"Which you think was mixed up with the murder," said Greenwood, staring. "Look here, I don't know whether you're really serious or not."

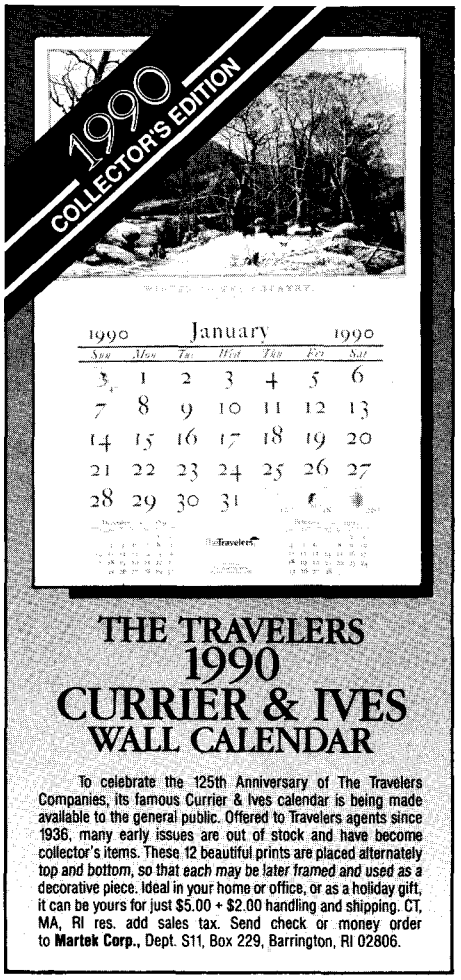
Even as he was looking steadily in his friend's face, finding something still inscrutable in its expression, the telephone rang stridently behind the bar. Lifting the flap in the counter, Inspector Greenwood passed rapidly inside, unhooked the receiver, listened for an instant, and then uttered a shout, not addressed to his interlocutor, but to the universe in general. He listened still more attentively and said explosively at intervals: "Yes, yes. . . . Come round at once; bring him round, if possible. . . . Good piece of work. . . . Congratulate you."

Then Inspector Greenwood came back into the outer lounge like a man who has renewed his youth, sat down squarely on his seat, with his hands planted on his knees, stared at his friend, and said:

"Father Brown, I don't know how you do it. You seem to have known he was a murderer before anybody else knew he was a man. He was nobody; he was nothing; he was a slight confusion in the evidence; nobody in the hotel saw him; the boy on the steps could hardly swear to him; he was just a fine shade of doubt founded on an extra dirty glass. But we've got him, and he's the man we want."

Father Brown had risen with the sense of the crisis, mechanically clutching the papers destined to be so valuable to Mr. Raggley's biographer, and stood staring at his friend. Perhaps this gesture jerked his friend's mind to fresh confirmations:

"Yes, we've got The Quick One. And very quick he was, like quicksilver, in making his getaway; we only just stopped him—off on a fishing trip to Orkney, he said. But he's the man, all right; he's the Scotch land agent who made love to Raggley's wife; he's the man who drank Scotch whiskey in this bar and then took a train for Edinburgh. And nobody would have known it but for you."



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In California, your local authorized Beltone dealer may call.

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"Well, what I meant——" began Father Brown, in a rather dazed tone; and at that instant there was a rattle and rumble of heavy vehicles outside the hotel, and two or three other and subordinate policemen blocked the bar with their presence. One of them, invited by his superior to sit down, did so in an expansive manner, like one at once happy and fatigued, and he also regarded Father Brown with admiring eyes.

"Got the murderer, sir. Oh, yes," he said, "I know he's a murderer, 'cause he bally nearly murdered me. I've captured some tough characters before now, but never one like this. Hit me in the stomach like the kick of a horse and nearly got away from five men. Oh, you've got a real killer this time, inspector."

"Where is he?" asked Father Brown, staring.

"Outside in the van, in handcuffs," replied the policeman. "And, if you're wise, you'll leave him there for the present."

Father Brown sank into a chair in a sort of soft collapse, and the papers he had been nervously clutching were shed around him, shooting and sliding about the floor like sheets of breaking snow. Not only his face but his whole body conveyed the impression of a punctured balloon.

"Oh! Oh!" he repeated, as if any further oath would be inadequate. "Oh! I've done it again."

"If you mean you've caught the criminal again——" began Greenwood. But his friend stopped him with a feeble explosion, like that of expiring soda water.

"I mean," said Father Brown, "that it's always happening, and really I don't know why. I always try to say what I mean. But everybody else means such a lot by what I say."

"What in the world is the matter now?" cried Greenwood, suddenly exasperated.

"Well, I say things," said Father Brown in a weak voice, which could alone convey the weakness of the words. "I say things, but everybody seems to know they mean more than they say. Once I saw a broken mirror and said, 'Something has happened,' and they all answered, 'Yes, yes, as you truly say, two men wrestled and one ran into the garden,' and so on. I don't understand it. 'Something happened,' and 'Two men wrestled,' don't seem to me at all the same, but I dare say I read old books of logic. Well, it's like that here. You seem to be all certain this man is a murderer. But I never said he was a murderer. I said he was the man we wanted. He is. I want him very much. I want him frightfully. I want him as the one thing we haven't got in the whole of this horrible case—a witness."

They all stared at him, but in a frowning fashion, like men trying to follow a sharp new turn of the argument; and it was he who resumed:

"From the first minute I entered that big, empty bar, or saloon, I knew that what was the matter with all this business was emptiness, solitude, too many chances for anybody to be alone. In a word, the absence of witnesses. All we knew was that, when we came in, the manager and the barmen were not in the bar. But when were they in the bar? What chance was there of making any sort of timetable of when anybody was anywhere? The whole thing was blank for want of witnesses. I rather fancy the barman or somebody was in the bar just before we came; and that's how the Scotchman got his Scotch whiskey. He certainly didn't get it after we came. But we can't begin to inquire whether anybody in the hotel poisoned poor Raggley's cherry brandy till we really know who was in the bar, and when. Now, I want you to do me another favor, in spite of this stupid muddle, which is probably all my fault. I want you to collect all the people involved in this room—I think they're all still available, unless the Asiatic has gone back to Asia—and then take the poor Scotchman out of his handcuffs, and bring him in here, and let him tell us who did serve him with whiskey, and who was in the bar, and who else was in the room, and all the rest. He's the only man whose evidence can cover just that period when the crime was done. I don't see the slightest reason for doubting his word."

"But look here," said Greenwood. "This brings it all back to the hotel authorities; and I thought you agreed that the manager isn't the murderer. Is it the barman, or what?"

"I don't know," said the priest blankly. "I don't know for certain even about the manager. I don't know anything about the barman. I fancy the manager might be a bit of a conspirator, even if he wasn't a murderer. But I do know there's one

"What do you suggest for a woman who returns everything?"

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solitary witness on earth who may have seen something; and that's why I set all your police dogs on his trail to the ends of the earth."

The mysterious Scotchman, when he finally appeared before the company thus assembled, was certainly a formidable figure; tall, with a hulking stride and a long, sardonic, hatchet face, with tufts of red hair, and wearing not only an Inverness cape but a glengarry bonnet. He might well be excused for a somewhat acrid attitude, but anybody could see he was of the sort to resist arrest, even with violence. It was not surprising that he had come to blows with a fighting fellow like Raggley. It was not even surprising that the police had been convinced, by the mere details of capture, that he was a tough and a typical killer. But he claimed to be a perfectly respectable farmer in Aberdeenshire, his name being James Grant; and somehow, not only Father Brown but Inspector Greenwood, a shrewd man with a great deal of experience, was pretty soon convinced that the Scot's ferocity was the fury of innocence rather than guilt.

"Now, what we want from you, Mr. Grant," said the inspector gravely, dropping without further parley into tones of courtesy, "is simply your evidence on one very important fact. I am greatly grieved at the misunderstanding by which you have suffered, but I am sure you wish to serve the ends of justice. I believe you came into this bar just after it opened, at half-past five, and were served with a glass of whiskey. We are not certain what servant of the hotel, whether the barman or the manager or some subordinate, was in the bar at that time. Will you look round the room and tell me whether the bar attendant who served you is present here?"

"Aye, he's present," said Mr. Grant, grimly smiling, having swept the group with a shrewd glance. "I'd know him anywhere, and ye'll agree he's big enough to be seen. Do ye have all your inn servants as grand as yon?"

The inspector's eye remained hard and steady, and his voice colorless and continuous; the face of Father Brown was a blank, but on many other faces there was a cloud; the barman was not particularly big and not at all grand, and the manager was decidedly small.

continued on page 40

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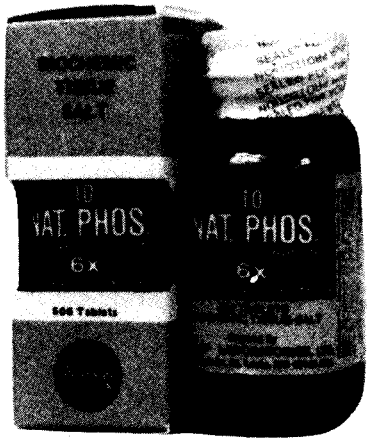

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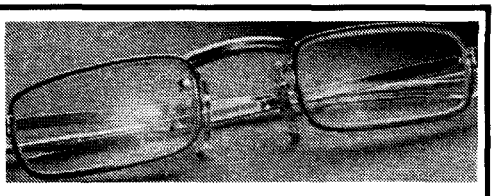

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POST SCRIPTS

If the Lawsuit Fits . . .

An old man was brought in to testify in a slander suit involving two of his neighbors. "Tell me the exact conversation," the attorney said.

"I can't remember it all," the old man said. " 'Cept one was callin' the other what they both is."

—Bobbie M. Cooley

Close-Order Drill

A general was being given his annual physical by a very newly recruited doctor. He was literally examined from head to toe. When the doctor finished, he asked, fearfully, "Sir, should I address you as 'General' or 'Chief' or . . ."

"Son," the general said, smiling, "after what we've just been through together, why don't you just call me 'John'?"

—Martha J. Beckman

'Tis Nobler to Give Than to Deceive

"I'm calling from the IRS
About a member of your flock.
He claims he gave your church ten grand.
Did he really, or did he not?"
The pastor said he'd have to check,
Then added, with canny skill,
"But you can rest assured, my friend,
If he didn't, he sure will."

—Hazel Jean Tomlinson

The Angel's Kiss

When a baby's born, a legend says,
An angel comes to see
And bless him with a heavenly kiss
That seals his destiny.

For if upon his brow he's kissed,
He'll have a brilliant mind,
And by his wit and nimble brain
His fortune he will find.

And if he's kissed upon his hand,
An artisan he'll be,
And to his fate and livelihood
His hands will be the key.

I wonder where the angel kissed
Those idle folks we know
Who simply sit day after day
And neither reap nor sow.

—Madeleine K. Robinson

Couched in Rhetoric

It's great to stretch out on a couch,
Life's problems to review;
Reclining helps to clear the brain,
Engender thoughts anew.

But when I try this problem cure,
Solutions, for my sake,
Elude me still; no doubt because
I cannot stay awake.

—Raymond A. Schoeder

Money Matters—And You'd Better Believe It!

Money's never mentioned
When speaking of romance,
But say the word "divorce,"
And you're talking high finance.

—Charles Ghigna

Wheel of Misfortune

That the squeaky wheel gets the grease
Is an adage oft assumed in haste
Without considering the option
That it could be removed and replaced.

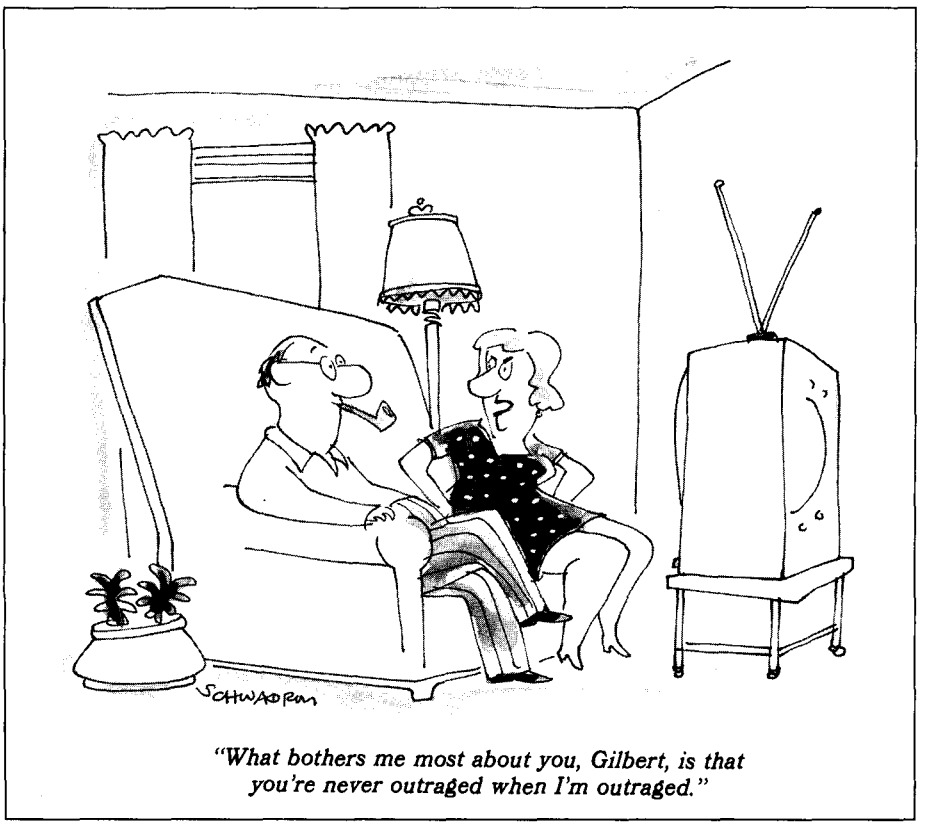
—Muriel Kovinow

Woodperson, Spare That Tree!

We have chairpersons now,
Replacing all chairmen,
And airpersons are those
We used to call airmen.

Changing mores which tend
To levy a curse on
Any male acting
Like a he-person.

—Henry F. Hill



"What bothers me most about you, Gilbert, is that you're never outraged when I'm outraged."

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Don't Read This Poem!

Wait! Do not proceed!
You're not supposed to read this!
Move on! Advance to other things!
These words are very needless.

Away! There's nothing here to know.
There's nothing here to say.
You've no business reading this.
Go! Be on your way!

Three stanzas now, and you persist.
Oh, why won't you take heed?
You're wasting time on precious words
You're not supposed to read.

You've done it now, trespassing friend;
You're finally to the fruitless end.
It's funny how we take delight
In doing what we're told's not right!

—J. H. Johnson

"When I think of all the years you let me blame the kids for this mess!"

Levy Heavy

You're taxed if you save,
You're taxed if you spend.
You're taxed if you borrow,
You're taxed if you lend.
And when you pass on,
You still can't win,
For there's still a tax
On the wages of sin.

—Pearl D. Scully

It's the Truth

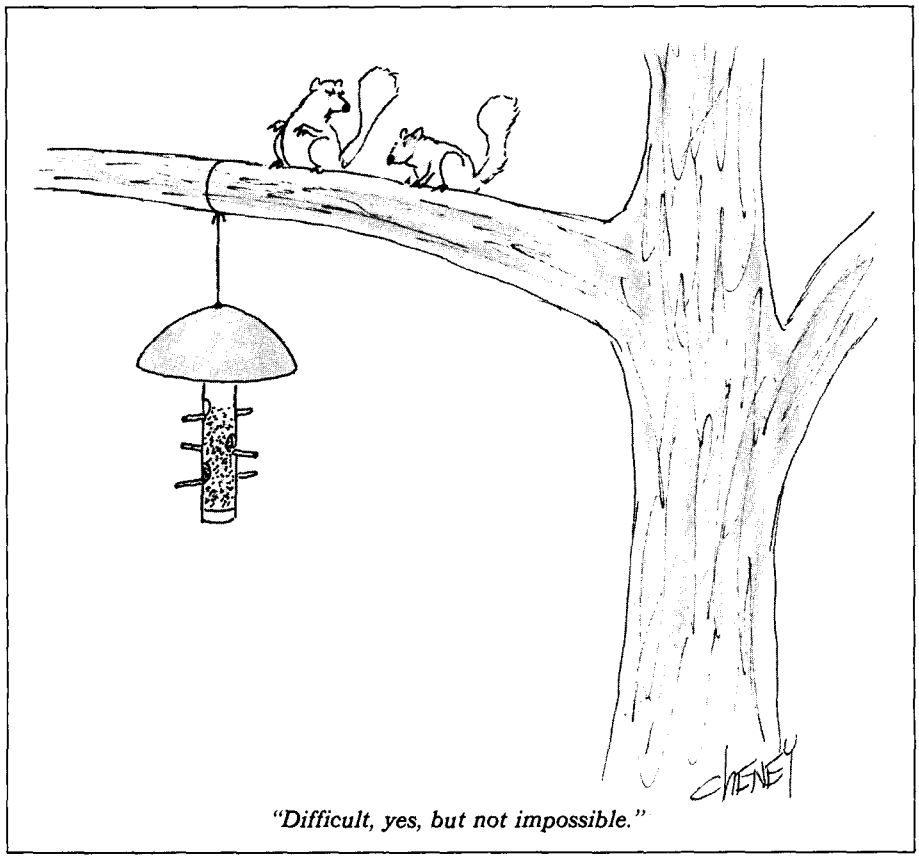
Of course truth is stranger than fiction. We see so much less of it.

—Ivern Ball

Next Week I'll Try to Phone

A woman who had been undergoing psychoanalysis for some time asked the doctor if it was all right for her to go to Florida. He gave his approval. A short time later, the psychiatrist received a postcard with the message "Having a wonderful time. Why?"

—James Curnane



"Difficult, yes, but not impossible."

Skinned Alive

All those years we ate the skins,
Afraid to miss the vitamins,
And now we scrub and peel all day
And pray we've skipped the insect spray.

—Diana Notaro

Leisure Lament

"How goes retirement," I asked,
"And days spent on the lakes,
The fishing, golfing, hunting, too,
Or skiing powder flakes;
The swimming, clambakes on the beach,
The *fun*, for heaven's sakes?"
"Oh, it's all right," he sighed,
"But I sure miss those coffee breaks."

—James A. Knoop

Current Events

Corrected for the umpteenth time for rudeness and lack of manners, a teenage boy finally yelped in exasperation. "Aw, I think politeness is just a bunch of wind," he cried.

"Well," his patient mother replied gently, "there's nothing but wind in a tire, but it does make the ride *so* much more smooth and pleasant."

—K. J. Franks

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The Quick One

continued from page 37

"We only want the barman identified," said the inspector calmly. "Of course, we know him, but we should like you to verify it independently. You mean——" And he stopped suddenly.

"Weel, there he is plain enough," said the Scotchman wearily, and made a gesture, and with that gesture the gigantic Jukes, the prince of commercial travelers, rose like a trumpeting elephant, and in a flash had three policemen fastened on him like hounds on a wild beast.

• • •

"Well, all of that was simple enough," said Father Brown to his friend afterward. "As I told you, the instant I entered the empty barroom, my first thought was that, if the barman left the bar unguarded like that, there was nothing in the world to stop you or me or anybody else lifting the flap and walking in, and putting poison in any of the bottles standing waiting for customers. Of course, a practical poisoner would probably do it as Jukes did—by substituting a poisoned bottle for the ordinary bottle—that could be done in a flash. It was easy enough for him, as he traveled in bottles, to carry a flask of cherry brandy, prepared and of the same pattern. Of course, it requires one condition, but it's a fairly common condition. It would hardly do to start poisoning the beer or whiskey that scores of people drink; it would cause a massacre. But when a man is well-known as drinking only one special thing, like cherry brandy, that isn't very widely drunk, it's just like poisoning him in his own home. Only it's a jolly sight safer. For practically the whole suspicion instantly falls on the hotel, or somebody to do with the hotel; and there's no earthly argument to show that it was done by any one out of a hundred customers that might come into the bar; even if people realized that a customer could do it. It was about as absolutely anonymous and irresponsible a murder as a man could commit."

"And why, exactly, did the murderer commit it?" asked his friend.

Father Brown rose and gravely gathered the papers he had previously scattered about in a brief moment of distraction.

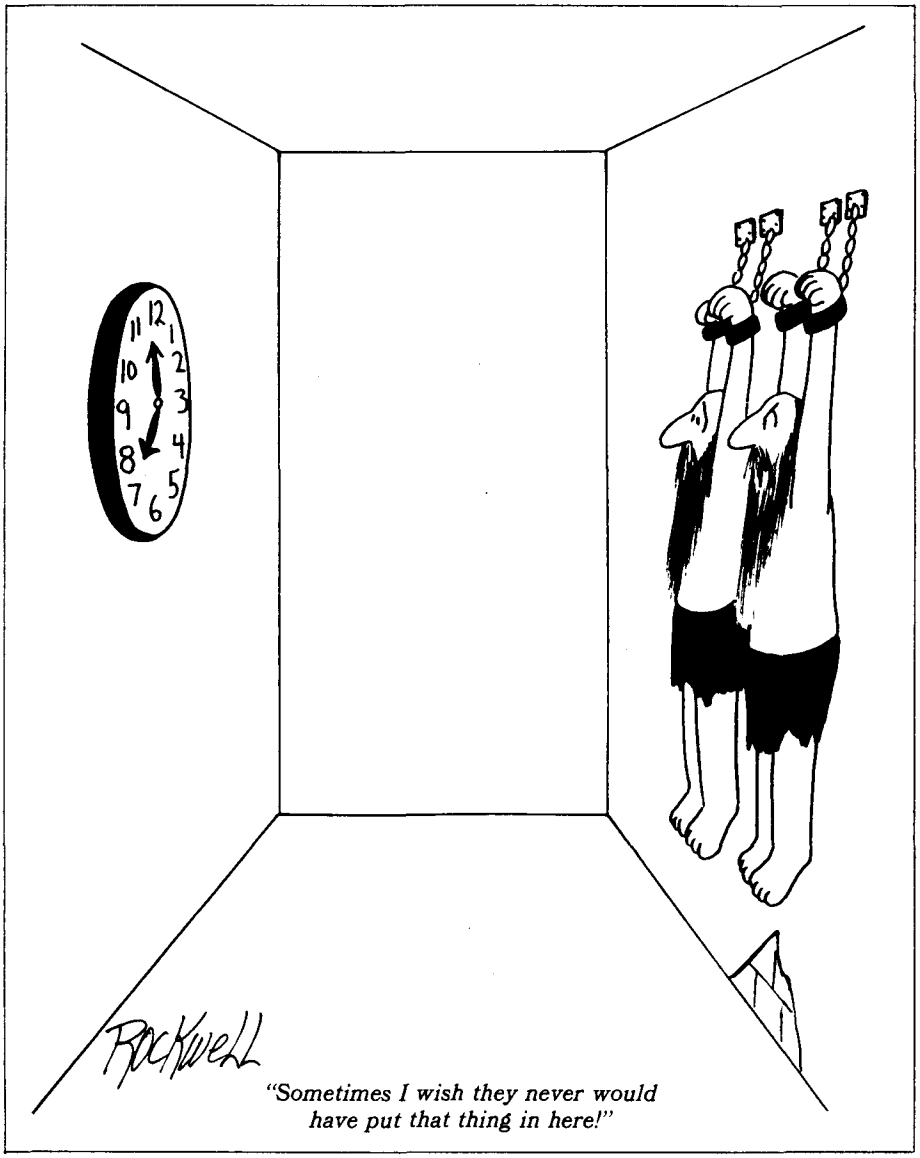
"May I recall your attention," he said, smiling, "to the materials of the forthcoming *Life and Letters of the Late John Raggley*? Or, for that matter, to his own spoken words? He said in this very bar that he was going to expose a scandal about the management of hotels, and the scandal was the pretty common one of a corrupt agreement between hotel proprietors and a salesman who took and gave secret commissions, so that his business had a monopoly of all the drink sold in the place. It wasn't even an open slavery like an ordinary tied house; it was a swindle at the expense of everybody the manager was supposed to serve. It was a legal offense. So the ingenious Jukes, taking the first moment when the bar was empty, as it often was, stepped inside and made the exchange of bottles; unfortunately, at that very moment a Scotchman in an Inverness cape came in harshly demanding whiskey. Jukes saw his only chance was to pretend to be the barman and serve the customer. He was very much relieved that the customer was a Quick One."

"I think you're rather a Quick One yourself," observed Greenwood; "if you say you smelled something at the start, in the mere air of an empty room. Did you suspect Jukes at all at the start?"

"Well, he sounded rather rich somehow," answered Father Brown vaguely. "You know when a man has a rich voice. And I did sort of ask myself why he should have such a disgustingly rich voice, when all those honest fellows were fairly poor. But I think I knew he was a sham when I saw that big, shining tiepin."

"You mean because it was sham?" asked Inspector Greenwood with doubt in his voice.

"Oh, no; because it was genuine," said Father Brown.



"Sometimes I wish they never would have put that thing in here!"

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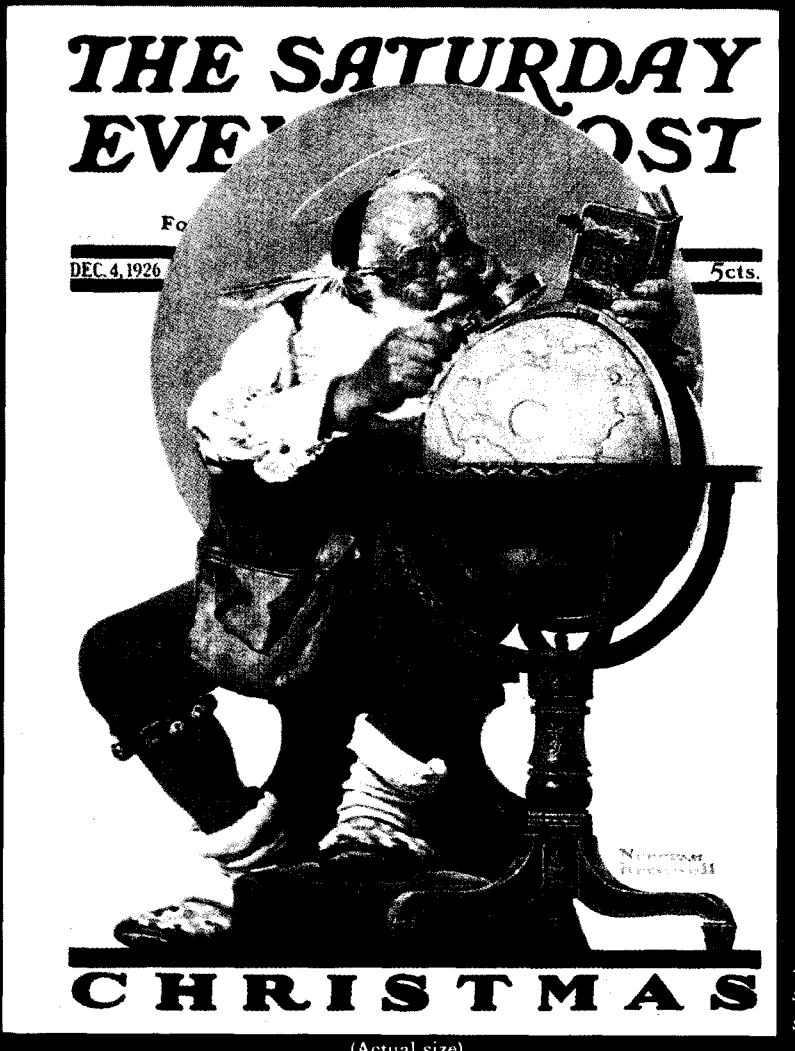

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WELCOME TO THE BUSHES'

Bed and breakfast at the President's house is casual, but dinner in the bowling alley is verboten. *Anyone for wally ball?*

by Donnie Radcliffe

Illustrated by Marcus Hamilton

There is a story—not apocryphal—about the night in January 1967 when George and Barbara Bush's furniture arrived in Washington from Houston. A snowstorm was in progress as the moving van pulled up at the Bushes' Hillbrook Lane home shortly before midnight. The movers managed to unload the mattresses and bedding—but not much more—before the Bushes called a halt, invited them to spend the night, and finally sent everybody off to bed.

Nobody remembers the movers' names, but they surely rank first among equals in that exclusive group of Bush insiders on social Washington's much-coveted A-list. Twenty-two years later, when invitations to dinner or a movie at the White House are as common as a Washington rumor, overnighting with the Bushes is the new measure of status. Only a select few, toothbrush and p.j.'s in hand, make the cut.

They're not necessarily famous or rich or even powerful, though many are all three. Most are family members or Bush friends—usually old friends, occasionally new friends, but always loyal friends. Friends such as Will Farish, a Kentucky horse breeder; Jerry Weintraub, a Hollywood producer; Baine Kerr, a Pennzoil executive committee chairman; Thomas W. Moseley, a fellow Yale Skull and Bonesman; and FitzGerald Bemiss, a childhood friend—to name a few. Were there such a thing as an A-*plus* list, theirs would be among the names on it, for they, not kings or presidents, have been sleeping royally in the Queen's and Lincoln bedrooms during the ten months the Bushes have been living in the White House. And if those second-floor bedrooms were filled, they moved up to the third-floor family quarters.

"It's a storybook experience," confirms Shirley Pettis, the former California representative who was a Bush neighbor for ten years. The Bushes invited Pettis and her husband, Ben Roberson, to stay with them during a trip to Washington in May. Shown to the Queen's Bedroom, where five queens have slept in Andrew Jackson's handsome four-poster bed, the visitors were overwhelmed by the historic surroundings.

"Every place you turn there is a sense of your forebears," says Pettis, equally impressed by how thoroughly her hostess had done her research. "Bar makes you feel you must know everything about this wonderful house, and because she knows every piece and can tell its story, the whole floor just comes alive."

Pampered by what Pettis describes as one of the world's most gracious household staffs, guests find all the amenities of a luxury hotel—and then some. There are heavy terry cloth robes in the bathrooms, crisp white stationery engraved with "The President's House" on the desks, bouquets of fresh flowers everywhere, and the best security system in the world.

Guests are also faced with such big decisions as whether to unpack their own bags or let the staff do it; what to order for breakfast (menu cards are left in their rooms each evening); and where to eat it—in their rooms or the East Sitting Hall. Pettis and her husband chose the latter, and they were enjoying the morning sun when who should come over to join them for a cup of tea but the President himself.

"He came romping down the hall. Fortunately, I was wearing my prettiest peignoir," says an amused Pettis, who remembers that same spontaneous nature from when she and Jerry Pettis, the late California representative, lived next door to another freshman congressman, then-Texas Rep. George Bush, on Palisade Lane.

There are tales of other unexpected encounters. One house guest, awakened by gentle but persistent tapping on the door, heard Bush outside inquiring, "Is anybody up in there?" Another said it wasn't unusual for the President to casually warn that he was taking someone through the room "so make sure you don't have anything sitting around."

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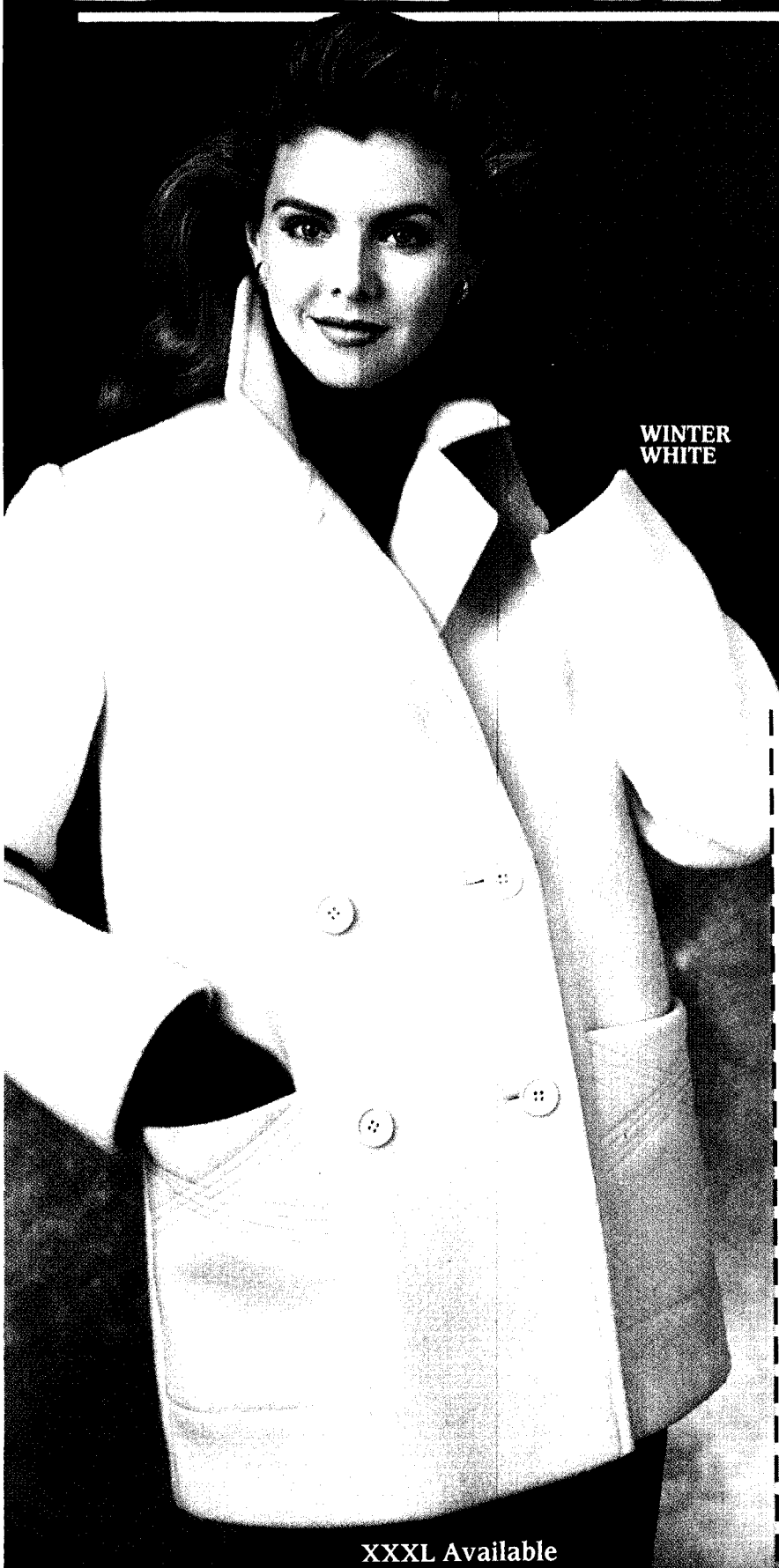

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Even if for only a night or two, living amid history takes some getting used to. Jack Steele of Houston, a longtime Bush friend and a confessed Walter Mitty type at heart, says he had trouble sleeping his first night in the Lincoln Bedroom, so he stayed up looking at the Washington Monument and writing notes at the desk where Lincoln signed the Emancipation Proclamation.

He isn't the only one who's had trouble sleeping. Houston friends David and Ann Peake were put up in the Queen's Bedroom, where the original copy of "The Star-Spangled Banner" hangs on one wall. In the morning, Peake—a friend of Mrs. Bush's from her childhood in Rye, New York—asked his wife—a history buff—if she'd slept well. "Not particularly," she replied. "What a waste of time!"

Some guests—like the Peakes and Baine and Mildred Kerr—have been invited to spend the night after a state dinner. The Aga Khan, a tennis friend to whom Bush turned recently in the Mideast hostage crisis, stayed the night that Pakistani Prime Minister Benazir Bhutto was an official visitor in June. Invited to stay after other state dinners were the country singer Crystal Gayle; Steve Fisher, the coach of the national college basketball champion University of Michigan Wolverines; and Bush's cousins John and Shelley Jansing of New York.

Another recent guest was the New York socialite Mildred Hilson, the Bushes' Waldorf Towers neighbor when George Bush was ambassador to the United Nations in the early '70s. Barbara Bush's favorite interior designer, Mark Hampton of New York, has stayed too. So have all the Bushes' children and grandchildren, most of the Bushes' siblings, and many of their nieces and nephews.

The Bushes are similarly generous with their invitations to Camp David. Their firstborn, George Walker Bush, and his wife, Laura, up from Texas for the Texas Rangers' three-game series with the Baltimore Orioles, and the Bush cousins Craig, Debbie, and Walker Stapleton, down from Connecticut, spent a recent weekend with the Bushes there. Cabinet members and their spouses, and some key presidential aides, have been weekend guests. Some nonfamily guests, such as Jack Steele, are also twofers—welcome at both the White House and Camp David. Steele describes that setting as "glorious—we walked in the woods and that night sat with our feet up and watched a movie."

For the unathletic, the pace is relaxed; for others it's highly competitive, as when Bush invited Pam Shriver and a group for a recent weekend of tennis. Bush also likes "wally ball," a version of volleyball played on a squash court. Even before Marine One, the presidential helicopter, touches ground, Bush, sometimes with his grandchildren in tow, starts marshaling the troops to suit up and report for jogging.

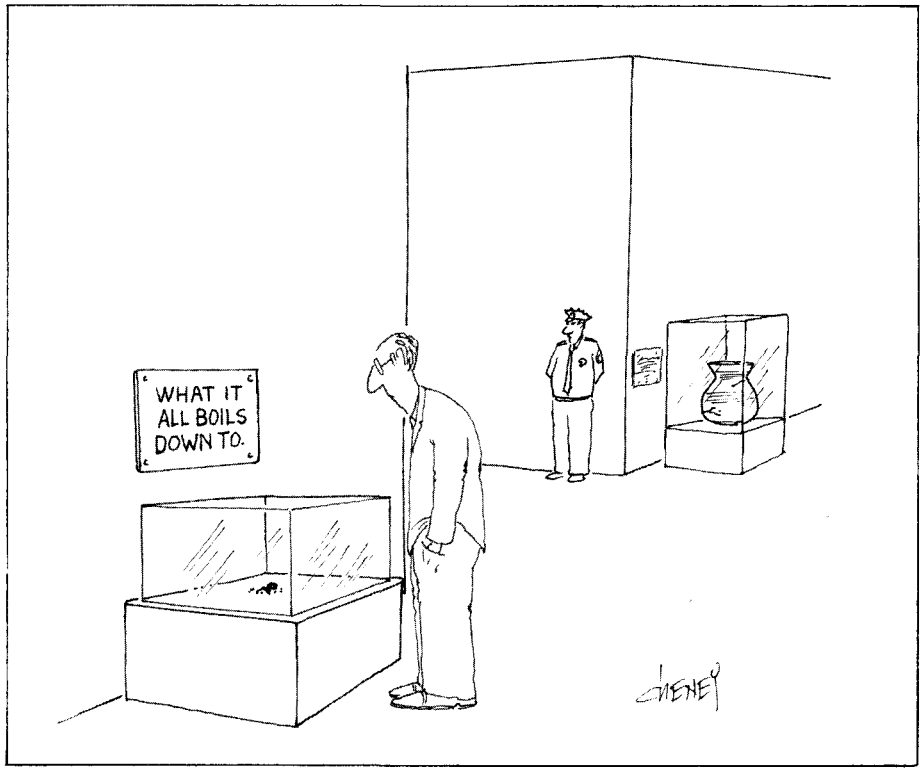
The White House, by contrast, is a bit more formal. Everyone is on his best behavior, and those who aren't can expect a refresher course. At dinner time recently when the First Lady realized that her twin granddaughters, Jenna and Barbara Bush (George W. and Laura Bush's children), were not at the table, she asked the butler if he knew where they were. In the bowling alley, he informed her, waiting to be served. They didn't wait much longer. Mrs. Bush ordered them back to the family quarters by sending word that Bush grandchildren do not eat in the bowling alley—they eat with the family in the dining room. She also warned the White House staff to beware of young charm artists.

There are also rules at the family's Walker's Point compound in Kennebunkport, but, according to Barbara Bush, no one keeps them. She has posted such notes as: "Picnics should be planned early for the beach"; "Please pick up wet towels and use them twice"; and "Please be down for breakfast between 7 and 9 or no breakfast."

"You're so absorbed into their activities that you don't think of yourself as a visitor because you become an instant member of the family," says a former Bush spokesman, Pete Roussel, who has stayed at Walker's Point several times.

The Bushes have been putting up houseguests in their 15-room, seven-bath stone-and-shingle "cottage" there for almost a decade. Before that, they put them up at the house they owned across the road. Bush's family has been spending summers at Kennebunkport since the 1880s and at Walker's Point since 1902, when it was bought by the president's grandfather. Dorothy Walker Bush, the president's mother, still has a cottage within the compound.

It is George Bush's favorite place on earth—"politics be damned," he says fearlessly—and perhaps the most coveted overnight of all. French President François Mitterrand has



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JAPAN RACE PROJECT ON TRACK

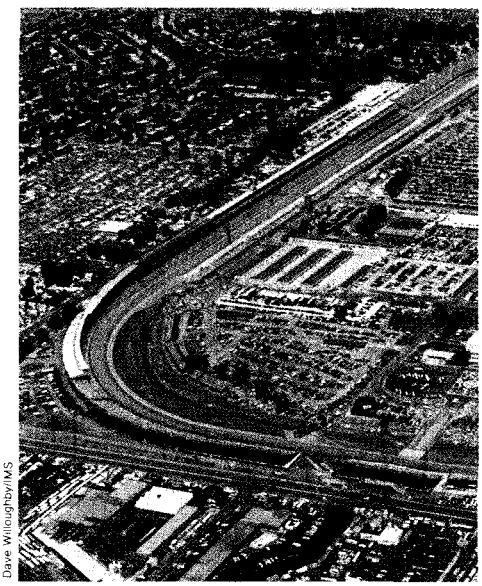
Rudyard Kipling wrote, "East is East and West is West, and never the twain shall meet"—but Kipling never counted on the worldwide popularity of the Indianapolis 500. At the 1989 Indy 500, Japanese tycoons visited with Western celebrities while they enjoyed the world's greatest racing spectacle.

Billionaire Toyoji Gomi (center) beams during his second visit to the Indy 500. As president of Kyodo Systems Co., Ltd., Japan's largest developer of resort and leisure projects, Gomi's name appears on golf courses, resort hotels, and condominium developments. He is more than hopeful that his name will soon appear on a licensing agreement with the Indianapolis Motor Speedway.

Kousuke Honda (far right), although no relation to the car company of the same name, is quite interested in high-performance automobiles. As president of Japan Racing Center Co., Ltd., Honda is responsible for almost 60 percent of the Japanese racing industry.

Ichiro "Roy" Rujita (far left) is president of Los Angeles-based Idea Link Japan, Inc., a company specializing in linking America's new business with major Japanese companies.

Dr. Beurt SerVaas (second from left), CEO of SerVaas, Inc., and president of the Indianapolis City-County Council, served as a catalyst for the project.



Dave Willoughby/IMS

A Sports Devotee and Budding Internationalist

Vice President Dan Quayle, who grew up just beyond earshot of the racetrack's roar, is a regular attendee of the Indy 500. Despite the demands of his new office, he and Mrs. Quayle made a special trip back home to Indiana for the smell of new-mown hay and the excitement of 33 alcohol-fueled cars racing the historic Indy oval.

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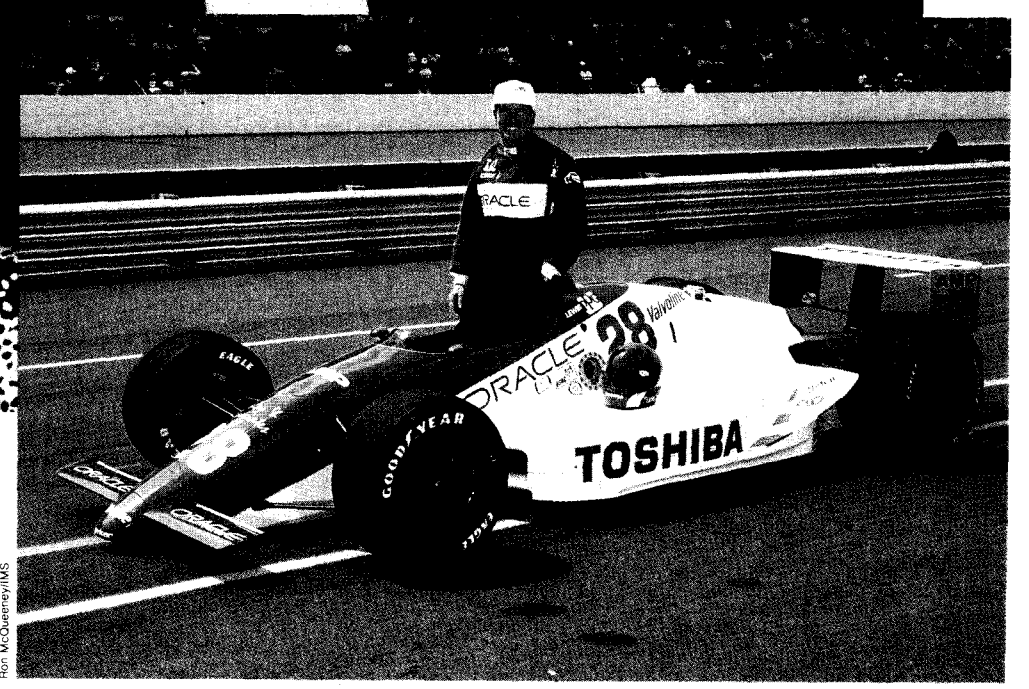
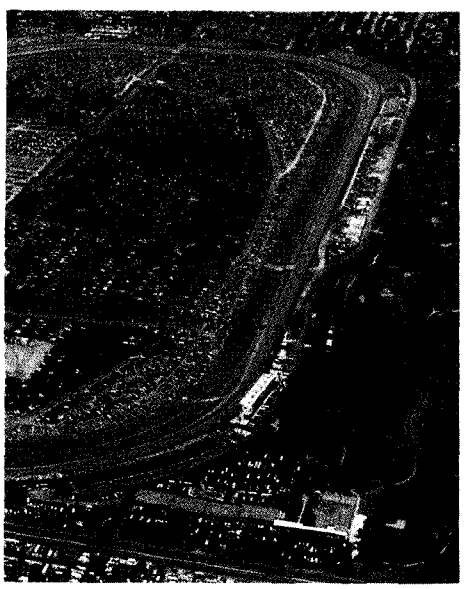
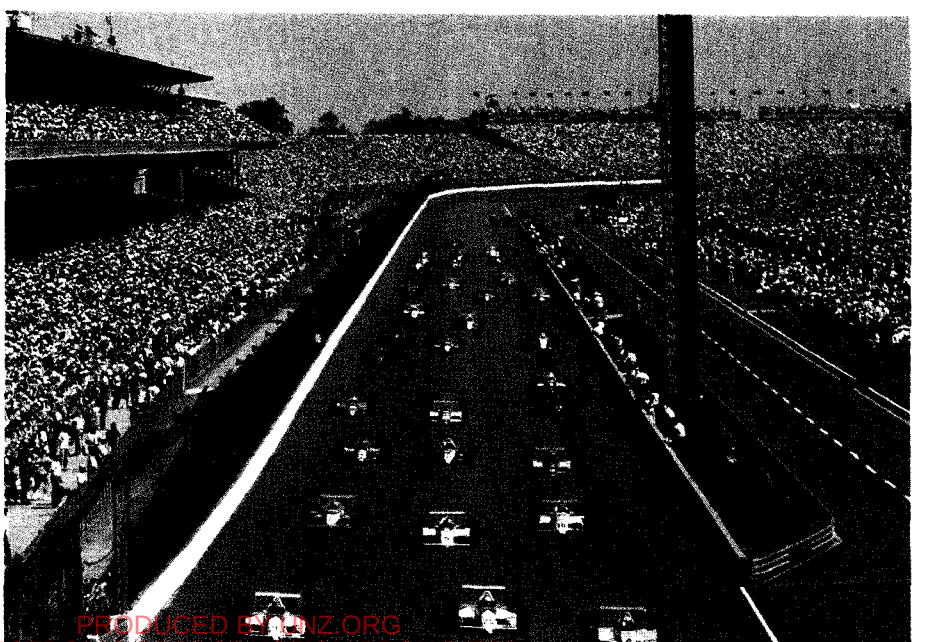
Mrs. Mary Hulman, owner and chairman of the board emeritus of the Indianapolis Motor Speedway, made time during the race to greet the Japanese industrialist Toyoji Gomi. Mrs. Hulman is the widow of Tony Hulman, the man who made the Indy 500 the greatest spectacle in racing. Gomi heads a team of top Japanese companies interested in building world-renowned race courses.



Ron McQueeney/IMS

Toshiba or not Toshiba—that was the question. Would this be the first Japanese-sponsored car to qualify for the Indy 500? The question was answered decisively when driver Randy Lewis clocked a four-lap average speed of 216.494 mph, earning him the respectable 11th starting position in this year's field.





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CHRISTMAS AT PIETY CORNER

by Edmund Gilligan

Illustrated by Amos Sewell

The day, which had begun with a tragedy, turned out to be the happiest in the children's lives.

Even now, when Patrick had celebrated his ninth birthday and was all grown up and had left childish things behind him, the halfway mark between his home and the Piety Corner School seemed just as hard to pass. There, at the edge of the quiet cedars, he always had his last glance backward to his mother, looking out of the kitchen door, framed with her roses, white and red over the arched trellis.

Everything would be all right, once he had passed by the cedar grove, because Miss Elder would be at the door of the schoolhouse watching for him. Thus the safe transfer had been made, morning after morning since his kindergarten days.

While he approached the halfway mark, he sang his newest composition,

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all safe in the notebook under his arm, the last of the year's work:

"Down the tippy mountainside
All the mountains crying with joy
Rainbow trout laffs in Ram Horn Creek
Who sees him, Mama? Who sees him, Miss Elder?
Soon Patrick will go fishing all alone
Because he is nine years old."

Just the same, at the very last step around the cedars, he turned and looked back at his mother. When she waved her hand, he did the same thing. Not because he was very young and needed her signal. Oh, no. Just because.

Now his hope for Miss Elder's smile, and a red A and a golden star for his composition, changed his trudge suddenly to a run. He jumped along until he was far around the cedars. There, in sudden fright, he stopped and stared at the silent ones under the maples of the schoolhouse. Miss Elder stood there, gazing up the path at him, and close to her, like the chicks of a Catskill grouse in a summer lane, the four little boys and the four little girls stood. One of the girls had her head bowed, which meant to Patrick that she was crying.

"What's the matter?"

The wind blew his words away. The red-winged blackbird, which always waited for Patrick to pass the apple tree there, sang out the same question, and out of the cedars came the big hare, the one that always turned white as soon as the snow came over the mountains on the other wind. The hare sat up, raised his droopy ears, and pretended he could easily answer Patrick's question, if anybody asked it again.

Neither Miss Elder nor the children answered. They gazed at him silently, their ruddy faces solemn, their hands quiet. One child ran forward, her yellow hair lifting in the wind. He heard her crying his name over and over again. Soon he saw the tears gleaming on her cheeks.

"Greta! Greta! What is it?"

She couldn't answer. All her cry was, "Patrick! Patrick!" and not a word else, even when their frightened hands met, and he smiled to comfort her because she was so very young, only seven. He ran by her side until they came up to Miss Elder, who just stared at him and didn't even ask if his poem of summer was all finished.

Then Miss Elder whispered, "Oh, Patrick, he's dying. He's floating in his bowl and hardly breathing. There was nothing I could do. Poor Sir Golden."

Because he was a man now, Patrick had to keep the tremble out of his lips. He had to take the blame because the care of their goldfish had been his duty. He had always renewed the water and pulled fresh plants from the spring to grow in the globe and thus keep their golden friend in health. Miss Elder and his schoolmates had always looked to him in time of trouble because he was a fisherman and very learned in the ways of all fishes, birds, animals, and the strange creatures underground, moles especially.

"I guess it's my fault all right, Miss Elder."

She shook her head, over and over again, and they all followed Patrick into the schoolroom. There, seeming lifeless on the surface of his glittering, round home, Sir Golden lay, his bright hues fading into sallowness, his tiny gills scarcely opening.

"Sir," whispered Greta, "you must swim around—you must!"

She began to cry again so sadly that Patrick had to look away along the blue walls, adorned by crayon drawings of Sir, Sir, Sir—Sir rising in joy, Sir descending, Sir loafing in his green vines, rainbowed bubbles for their fruit. Patrick tapped his pencil against the rim, a signal that Sir Golden always had answered by a swift rise to be fed and to be admired.

• • •

Now in came Patrick's father from his carpenter shop, carrying a chair he had repaired. He nodded to his son, and gave him that certain look which means among men: "I know. But we must take it in our stride. These things will happen. That's the way the old ball bounces."

To Miss Elder, he said, "I'm going to Albany tomorrow, miss. Happen you want to order anything?"

They all knew he meant a new goldfish. Nobody said anything, except Miss Elder, who thanked him.

After his father had gone, Patrick said in his firmest way, "It won't do, Miss Elder, to have it really happen here. The young ones would be very unhappy. So I'll take Sir away now." After that, he added something to encourage her because he understood that she was young too. "You know, we have to take things in our stride and without con-ver-say-shun." It was a big word, that last one, but the occasion called for it, so he said it all complete.

"Yes, Patrick," said Miss Elder just as firmly. Nevertheless, she couldn't help bending until her dark hair fell along her cheeks, and she kissed Patrick because he knew what to do under all circumstances. Circum-stances—he could say that word, too, if there was need of it.

Patrick took up the bowl, walked carefully out of the door and into the schoolyard. Sir Golden must be put

"Hurray!" cried Greta. "Hurray for Patrick!" And all the others joined in.

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away in a fitting place very soon. It couldn't be long now. But where? Were fishes buried properly? What was the best thing to do? Should he write a song for the burial? He sent his quick thought here and there, everywhere, keeping his eyes away from his friend because he couldn't stand it very well, being all alone at such a sad moment. Yet his hope forced him to look down. He saw nothing good in the faint beat of the silver-edged gills. He was so surprised when something splashed—like a raindrop—into the water. This was his first tear.

"Oh, I mustn't cry here. In fact, I mustn't cry at all. Much too old for that, I am."

He began to think even harder. He asked, over and over again, the question nobody had yet answered: *What is wrong with Sir Golden?* The wind lifted the leafy maple boughs and let down a shower of dappled sunlight.

The sun? Can it be the sun he needs? No, he hasn't needed it all this time. And yet—he deepened his frown because men always frown over hard thinking—*when I bring him new water from the spring, it is the sunlight in it that is good for him. What else is in the spring that is good? What makes the froggy so bright and cheerful?* At this advance, Patrick found far deep in his heart a little spring of hope flowing.

The great hare hopped solemnly out of his sleeping place under the cedars. He leaped into the meadow and hopped away up the hill.

"Where's he going?" Patrick asked the question aloud.

You know very well he's going to the spring to drink and eat some watercress. This answer came quite pertly from that somebody inside Patrick who was always telling him things, especially difficult parts of poems. *Don't you remember, Patrick, that watercress grows only where the water is sweet and pure?*

His new hope rose so strong that Patrick laughed in joy. He spoke to Sir Golden tenderly, urged him to cling on to life a little longer, and he followed the hare up the hill, holding the globe close in his arms.

A doe and her two fawns were drinking at the spring, where it bubbled, deep and greenish clear, with a rift of watercress waving along its edge. They looked up and moved off to let Patrick drink. Patrick heard the three notes of a mourning dove, deep in the woods. He knew very well the dove wasn't mourning at all. It was a sad sound, just the same, and he made up his mind that, if Sir Golden did die, he would make a funeral song like the dove's chant.

He gazed far down into the water. Out of the depth, the frog came slanting up to pass the time of day.

"How are you, Mister Frog?" asked Patrick politely. "Quite well, I hope sincerely."

"Mom, how come you're so rich and Dad is so poor?"

The frog replied by a gay dive across his pool. His green jacket glittered bravely. The ivory hue of his waistcoat changed to gold in the underwater sunlight.

Patrick knelt by the pool and gently lowered the globe into the water until the sparkling flood passed over the rim. Sir Golden floated out and, without a fin stroking or even a bend of his tail, slid slowly down, only to rise again weakly, this time with his tummy gleaming paler than ever. The curling water seized Sir Golden. A bubble sped up from the depth and burst against his head; and down, down he sank, and up he came again in a slow, lifeless manner.

Gliding skillfully from a hiding place in the strands of watercress, the handsome frog rose to Sir Golden's side and floated there, his yellow fingers stretched out in a friendly way.

"How about lending a hand here, Frog? This is Sir Golden, and he's very sick and nobody knows what's the matter. Not even the vet. Do you know?"

"I certainly do," signaled the frog, and he swam gaily around Sir Golden, dived a distance, and came up again, a string of tiny bubbles pushed ahead. "Fresh bubbles—and lots of them. That's what he needs."

In a sign fainter than the hope in Patrick's heart, Sir Golden's tail trembled. It was just enough to turn him down a little—less than an inch—from the surface. He tried again when he came rolling up, quite out of control on his fins. He sank languidly. This time—no doubt of it—his gills opened wider. Three times the gills lifted and then closed. Apparently in keen excitement over this success, the frog slid forward again, his train of bubbles all around him. Sir Golden sucked in a lot of the bubbles. His tail waved in a brisker stroke. Down, down he went and vanished. In a moment he rose to the surface, now in a livelier glide. This time he kept himself well-covered with water and he gulped it in.

That strange somebody in Patrick's heart at once began saying a wonderful poem:

You are saved, Sir Golden, and in the nick of time.
Lack of fresh bubbles, I see, have made you pine.
Now you are O.K. and I'm mighty glad to say
'Twas Patrick, nine, that done it.

"Did it," whispered Patrick.

I'm not so sure, said the somebody doubtfully, *but we'll let it go. Did it.*

All the morning Patrick sat happily at the side of the spring. When the noontime bell rang in the schoolhouse, he knew that Sir Golden was all better, and he ran down the hill to see Miss Elder and the children clap their hands in joy.

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Three days later, at supper, Patrick's father showed him the front

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page of the Piety Corner Chronicle. "See that, Patrick?"

Patrick read: "Well, Well! Our School Goldfish Doing Well in Well." And when the editor wrote the story of graduation, everybody in Piety Corner knew why Patrick received A-plus in social science. They all agreed with Miss Elder that what he had done was certainly science and very social, indeed.

• • •

When school opened, Patrick told Miss Elder that Sir Golden had passed a pleasant summer and that he had become his old, gay self again. His sides were plump and he had made friends with the frog. In the first study period Patrick added a good line to his poem for the Christmas poetry prize of which the first two lines said:

How strange! cryed Sir
Golden to his Froggy friend
First thing I see is Evening star and Moon yonder

and the new line said:

What strange lights there be in your water, Sir Froggy!

And there his pencil broke and everything came to a stop because many frosty images bolted, one after another, into his heart, so that he fell to wondering while the first autumn leaves whirled by the window. Every time he had a chance to wonder, he wondered what he must do now because he feared the coming of snow, the coming of ice. He looked up "goldfish" in the big books, but nothing was said there about how and where they wintered well. He knew that frogs made themselves cozy in the mud below the frost line and dreamed it out until spring. Night after night, he tried to stay awake to wonder some more.

Soon he heard the passage of the first wild geese, looking down from the clouds for the Hudson River marshes below Piety Corner. One evening their honking vanished in a whirl of hailstones, rattling cold against the window of the parlor.

"You got something on your mind, Patrick?" his father asked.

"Yes, Daddy."

"I don't know a better place to keep it, my boy, and that's a fact. Far as I know, that's what minds are for." He winked and said, "I've something on my mind too. Struck me all of a heap yesterday in Albany. But it's a secret and I must whisper it—if mother will let us have a secret."

"You may have just one—you two," she said.

Patrick listened until his eyes began to shine. "For his Christmas gifts? Oh, is she pretty too? Like mother? Like Miss Elder?"

"You'll see when the time comes. Lonesome—that was his trouble. Alone in that bowl. For the rest, I'll leave it to you. As usual, Patrick."

The first snow came early. It was nothing much; only a few flakes circling slowly through the bare boughs, settling into empty nests, melting against windowpanes.

"The holiday season starts earlier every year."

Soon the snowfall ceased, yet the sky stayed overcast and chilly. Patrick ate his breakfast early and took his bucket and his net up to the hillside, where he found the pool darkened by the dark sky. He gazed down into the water, waiting for the gleaming shapes to answer his call. Neither the one nor the other slid up to greet him. He dipped his finger into the water. "Oh, how cold it is!"

He picked up a stone and rapped against the square granite blocks, ruins of the old well. "Sir, come up!" He rapped again, very hard. "Sir Golden, the frog friend is gone into the mud for the wintertime. Come up, come up!"

At this news, up came Sir Golden in a great hurry, and around and around he glided, looking for his companion. Patrick filled the pail and held his net down into the water. "Listen to me, Sir. Summer's long since over and winter is here. Didn't you see the gray geese crossing the moon?"

Sir Golden heard all this. A lot he cared! He gave a flirt of his tail and went down, down, down, and didn't come up again until Patrick had rapped three times. "Didn't you understand? The wild geese flew over in the night—hundreds of them, Sir. You can't stay here."

"Geese?" Sir Golden stared up thoughtfully. Ah, well! A lot he cared what silly geese might do. He turned over and made a show-off dive clear out of sight. Yet, to the signal, he rose again and, this time, came close to the net. He wouldn't go in. Not he. Plain as day, he meant, "I like it here. No more schoolhouse for me, thank you just the same." Off he went into the shadows and down he glided; and then, in a sudden, obedient turn, he flashed again to the rim of the net.

"Get in, Sir! Do get in. The water may freeze over, and where will you be then, poor thing?"

By a gay twist of his tail and a curving rise and fall, Sir indicated that he would be perfectly all right where he was.

"Come to school this minute!" This did no good at all, so Patrick bent close to the water and whispered, "Sir, I have a secret. Come closer and I'll tell you." There being no harm in that, Sir swam up to the surface. Patrick spoke severely, "Sir Golden, you will have a little wife in your bowl. 'Husband goldfish,' she says, 'be home when I come. I will be lonely in an empty house.' Now, Sir, get into the net or——"

He pushed the net deeper. Sir Golden, who didn't even dream that he was happily married until that very moment, swam over the rim.

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By the time school closed for the Christmas holiday, Piety Corner had made its plans for the Christmas party at the schoolhouse. This wasn't difficult, because the plans had been

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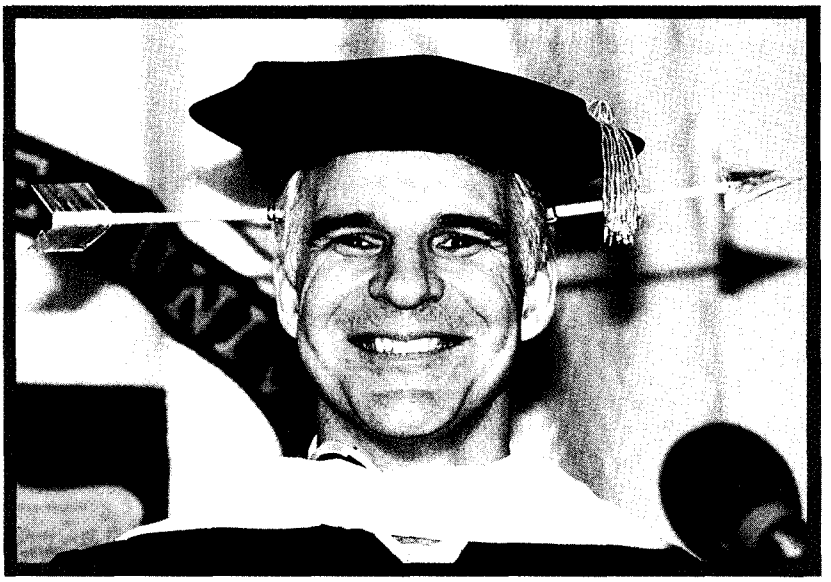
STEVE MARTIN: WILD AND SERIOUS GUY

The star of Roxanne *and* Parenthood *has packed away his arrows through the head, his rubber chicken, and his happy feet in exchange for critical acclaim as a* serious comedian.

by Cork Millner

Steve Martin is sitting with three friends at an umbrella-shaded table in a Southern California restaurant. He sips from his cup of coffee and listens to the bubbling water of the patio fountain. Then, Martin feels one coming—*a Steve Martin fan*. He hunches over, pulls the collar of his leather jacket around his neck, and shifts his eyes warily behind the jet-black sunglasses.



The wild and crazy guy isn't too serious about receiving an honorary degree from California State University in Long Beach.

A large woman in a print housedress jiggles up to him. She giggles and thrusts a napkin and a ballpoint pen in front of Martin's face. He smiles wanly and scribbles his autograph on the napkin. She blabs happily and then wobbles away across the patio flagstones. Returning to her table, she whispers to her husband, "He didn't even say anything *funny*."

That is difficult for Steve Martin. He doesn't carry around a stock of one-liners like Bob Hope or George Burns, nor can he "turn on" at the drop of a straight line like Jonathan Winters or Robin Williams. Yet because he was the most phenomenally successful comedian of the 1970s, he is expected to "say something funny." To his fans he will always be that happy "jerk" onstage, that "wild and crazy guy" with the childlike comedy, the happy feet, the rabbit ears, and the balloon animals.

• • •

Unlike his stage and screen persona, Martin is a very serious man. "Steve really is bright and sophisticated," says Shelley Duvall, who starred with him in the hit movie *Roxanne*. He is also a very private man. His personal life and his past relationship with Bernadette Peters are taboo, as is the time he spent with Linda Ronstadt. When his busy moviemaking schedule permits, he and his wife, Victoria Tennant (*War and Remembrance*), travel to their weekend retreat in Santa Barbara, a home built like a concrete bunker, more ominous than inspiring. Martin's obsession is collecting 19th-century art. He is a serious collector, and the walls of his home are filled with paintings by such artists as Mary Cassatt and Winslow Homer.

Other than improving his art collection, Martin wants to secure his niche as a *serious* comedy actor in motion pictures. "After I gave up the stand-up comedy routines, I really wanted to be successful in motion pictures," Martin says.

It hasn't been easy. The comedian had creative problems transferring his own wacky brand of '70s humor to the movies of the 1980s. His first starring film, *The Jerk*, which came from Martin's fertile imagination, set him off toward his goal. It was a resounding success—with his fans, if not the critics.

Then Martin's next movie, *Pennies from Heaven*, an art-deco musical fantasy, confounded audiences and bombed at the box office. The comedian did a little better with *Dead Men Don't Wear Plaid*, whose gimmick was to intersperse the new scenes with old black-and-white footage of Humphrey Bogart and Alan Ladd. But the movie was not well-received by Martin fans.

In *The Man with Two Brains*, the jokes were zany and Martin thought he was almost on track. He and the producers were stunned when it did poorly at the box office. *The Lonely Guy* followed next and died quickly. "It was sort of a stinker," Martin admits.

Martin's search for his kind of movie, a mix of serious comedy with burlesque bits, began to jell with the 1984 release *All of Me* (costarring Lily Tomlin), which made use of his gifts for physical comedy. "I was very happy with *All of Me*," Martin says. "It's the first film I have done that is funny without having to think about being funny."

In 1987 came *Roxanne*, a contemporary version of *Cyrano de Bergerac*. The reviews were great. When *Time* magazine praised Martin with a complimentary cover story, he

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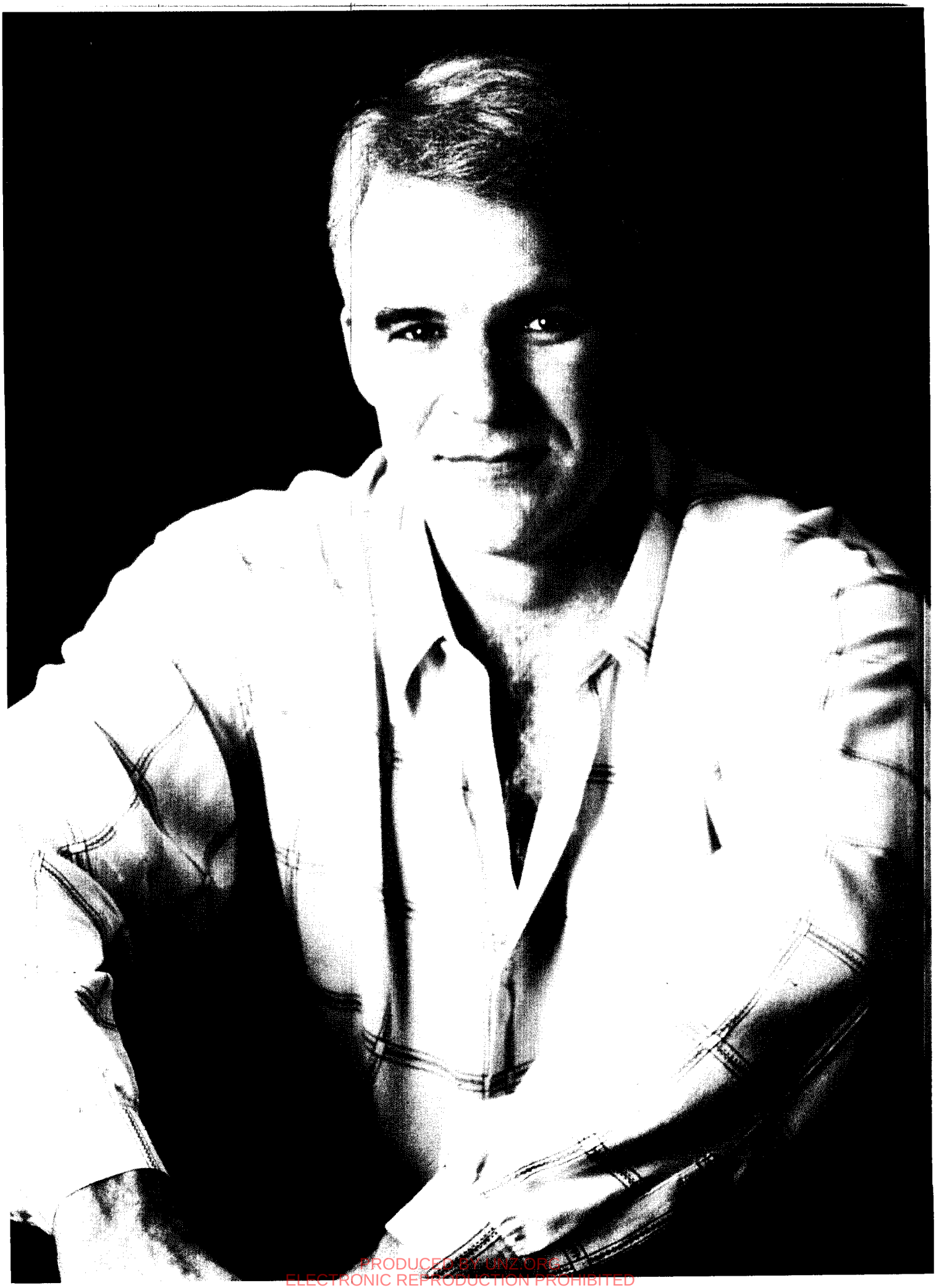

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felt his movie dreams had come to fruition.

Martin's recent portrayal of a worried father in the guise of a goofball in *Parenthood* has secured his place on the cinematic scene. In this rich role as the father of a modern nuclear family (Mary Steenburgen plays the mother), Martin is able to balance his serious maturity with his wild and crazy instincts—this time in a logical way. At a party, Martin, in a makeshift cowboy outfit, fills in for an absent clown. The comedian is able to play a jerk—but not be one.

The movies *Roxanne* and *Parenthood* made Martin a *serious* screen comedian—not just a fad like Hula-Hoops or pet rocks, not just a flash from the '70s. He would never have to go back to being that wild and crazy guy on stage again.

• • •

The Steve Martin comedy that came out of the '70s was, well—weird. It was labeled silly, brainless, and Disneyesque. *Newsweek* called Martin the "ultimate West Coast wacko."

Carl Reiner once told Martin that he looked like a guy who looked at Fred Astaire and said, "Hey, I can do that—watch." The critic Pauline Kael said it more succinctly: Martin's stage act, she said, was a guy acting like a comedian and the audience acting like an audience.

Actually a shy guy, Martin shuns publicity and jealously guards his home life with his wife, Victoria Tennant.

"I always looked at my solo stage comedy as a success of timing," Martin says. "I had the right act at the right time. During the '60s I started formulating my comic ideas—I knew that the seriousness of the social '60s would eventually pass into the silly '70s, and I was getting ready for it. When it came, I was ready. I was silly, but I was avant-garde.

"If I had to categorize myself at that time, I would say I had sort of—I wouldn't say a gift—but rather a supply of energy on stage. I was real energetic—and real dumb."

Dumb? He'd stand in front of audiences of 20,000 and turn balloons into animals or sing his one-million-selling ditty, "King Tut." He'd say: "Now, the nose-on-the-microphone routine," and he'd put his nose on the head of the microphone; then he'd say, "Thank you"—and the audiences howled.

"If I just start talking funny-type things and never give the audience a punch line, eventually their tension is going to grow so much they will start laughing on their own," Martin says. "They'll start choosing things to be funny, which is the strongest kind of humor. *They* have determined what is funny, not me. The laugh I like to get is 'What? I don't know why I am laughing.'

"Beside laughs there is the real thrill of timing. That's the greatest fun of all. When you're resting, waiting, and you've got the next line in your head and you're just waiting for that little intimate moment . . . things are really flowing. Charged. Like a ballet."

• • •

How did Steve Martin, a basically shy, almost introverted "nice guy," become the goofball who paraded before thousands of people with bunny ears on his head?

"You're not going to get into my past, are you?" Martin responds when told it is time to talk about his background. "Nobody cares where I grew up. Even I don't care. When I read an interview and it gets to the part where a person grew up, I turn the page."

Martin's fascination with performing

***Pennies from Heaven*, an early Martin movie, dubbed '30s recordings into the musical sequences.**

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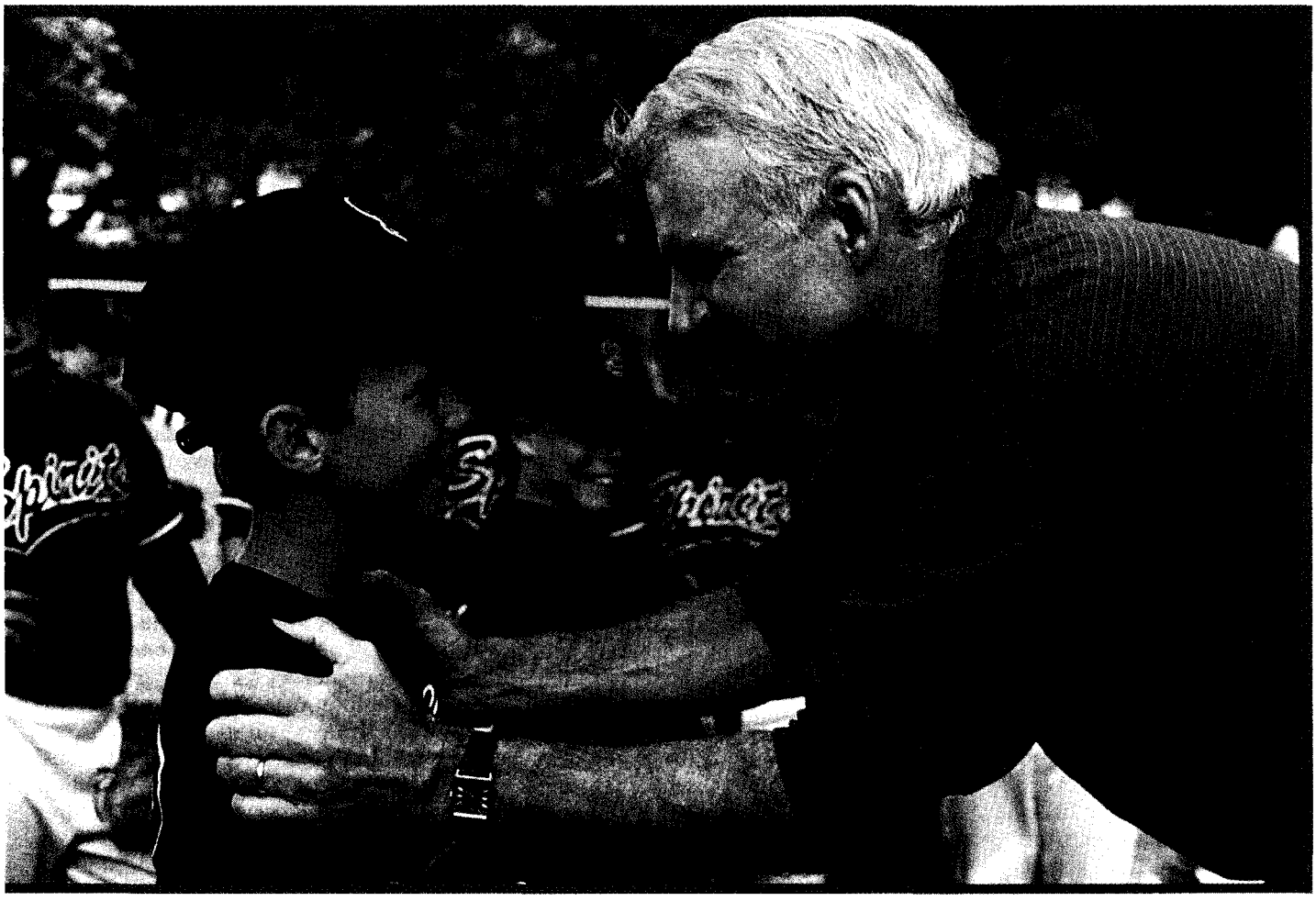

***Parenthood*, in which Martin plays a worried father in the guise of a goofball, has been a resounding box office success.**

evidently began when he was ten. He was hired to sell guidebooks, Mouseketeer ears, and Davy Crockett hats at Disneyland. Then at Knott's Berry Farm, he was given the opportunity at Birdcage Theater to do his newly developed magic act and try out a few comedy routines.

From there he enrolled in philosophy at UCLA. By his senior year he had switched his major to theater arts and taken a TV-writing course. In 1968, when he was only 23, he was hired to write comedy for "The Smothers Brothers Comedy Hour." "If I wrote anything it was: 'Here's Burl Ives,' " Martin says. "It was no big deal." Writing worked for him, and at a weekly salary of $1,500, paid the bills. But he wanted to be a performer.

"Writing for TV was like learning to swallow swords," he remembers. The closest he got to being a performer on "Smothers Brothers" was the night he played a human head on a silver platter and spouted off with several one-liners.

He was signed with the William Morris Agency as a writer. "I went in and told them I was leaving television writing to be a performer," Martin says. "They said, 'Don't do it, you'll never make it.' Well, I've heard that line in a dozen movies, so I knew I could make it. Rejection is one of my accomplishments."

After "The Smothers Brothers Comedy Hour" was axed by CBS, Martin wrote for Sonny and Cher, then Glen Campbell. He still wanted to perform, and he finally began to get on the talk shows, including, of course, "The Tonight Show."

"I guess I've been on television a lot," Martin says. "Probably 500 times; 'The Tonight Show' 35 or 40 times. I did a lot of crazy things on that show. One was reading a phone book to make people laugh. I'd pick up a phone book and read: 'Aaron Adams, 717 South Remington.' Of course, there wouldn't be a laugh, but I'd go on—'Bill Black, 982 Montrose Avenue.' Still no laugh, then I'd take out my arrow and put it on my head and read a sillier name, like 'Mary Ann Pinball . . .' By the time it was over, I'd end up waving a rubber chicken, and then finally say: 'Don't look at me, I didn't write this junk.' "

Martin didn't write his own material for his stand-up comedy routines. "I don't know if I could sit down and write a routine that would be funny," he says. "My original act came out of a philosophical point of view. A new point of view. I was just a guy up on stage acting like a comedian."

Martin admits it was a marvelous feeling to play to audiences of hysterically laughing people. "Yeah, that was a thrill," he says. "But there is still the thrill of looking back and saying—'I was the biggest comedian in the world.' " He pauses and reflects, "I will be very happy, if when I'm 60, I can look back and say, 'I was a very funny person in this world.' "

Steve Martin has packed away the arrows through the head, he has deflated his balloon animals, and he no longer has happy feet. After all, that really wasn't Steve Martin. It wasn't even close. The real Steve Martin is a "wild and *serious* guy."

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THE GREAT TERMITE RACE

Some houses look good enough to eat. Others don't look that good, but they get eaten anyway.

by Maynard Good Stoddard

Illustrated by Don Trawin

The contest is whether we can move out of this house before the termites eat it down to the foundation. Or to the ground, rather. There is no foundation. And that, the termite people say, is the problem. Because they are unable to get under the house to do their thing, the termites are free to do *their* thing. And what their thing is you wouldn't believe. Unless the little buggers are eating your house down too, of course. And heaven knows that there are plenty of them to go around.

According to a Spencer Library book I borrowed on the subject, there are 1,800 species of termites worldwide. Although only 55 of these 1,800 have chosen the U.S. of A. in which to do their underhanded work, all 55 are evidently competing in our house to see which species will have the honor of bringing down the last supporting timber.

Nor is the competition only between termites. Wouldn't it be a howl, hard as the little devils are working, if the carpenter bees beat them to it? (Or maybe you wouldn't know a carpenter bee from a hummingbird, both being about equal in size.) Termites prefer old wood for their pig-outs, and carpenter bees get their kicks from boring holes into new wood: more than likely they'll be sharing the thrill of victory.

If the Smithsonian should ever want samples of the carpenter bees' handiwork, I'd be glad to break off a couple of two-by-fours from our brand-new patio overhang.

I was out there admiring it the first morning after its completion, when I thought I'd come down with a bad case of dandruff. But it was a shower of sawdust from a hole in this two-by-four into which a carpenter bee (I thought it was a hummingbird at the time) was about to disappear. Termites at least have the decency to eat your house down out of your sight. But these things have no compunction about vandalizing your property right before your eyes.

Now please don't get the idea I have nothing better to do than to watch a carpenter bee drill a hole the size of its big old body into my brand-new two-by-four. I just wanted to know why. I'd also like to know why it couldn't have exited from the same hole it entered, instead of boring on a couple of feet and coming out a new hole.

We now have separate entrances and exits in at least half the two-by-fours supporting the overhang. How long the two-by-fours will be supporting the overhang is anyone's guess. I'm guessing that the termites will bring the whole house down before this happens. My money would be on the bees if they'd only stick to business. But lately they've been goofing off by drilling holes into our love seat on the patio. This doesn't bother me a whole lot because we weren't using the thing all that much.

As you might know, my dear wife has offered her solution to the carpenter bee problem. "Why don't you capture the entire flock," she suggested, "and train them to make cribbage boards?"

Dwelling on this the next morning, I cut my nose while shaving.

As for the mice, they have evidently pulled out of the race. They were better at relocating things than in gnawing the house down anyway. Their specialty was in relocating food from the dog's dish. There's nothing quite like hurrying to get ready for church and finding the toes of your Sunday shoes packed with Alpo beef-flavored chunks.

Finally taking the hint that I wasn't too crazy about ramming my feet into dog food, and that my wife was fed up with finding their convenient caches in her cabinet drawers, the mice took up residence under the hood of my car. I probably wouldn't have known they'd made a nest there if the furry little devils hadn't constructed it from the covering of the wires leading from somewhere under the instrument panel to somewhere in the motor, causing me to be towed in. For a total of $25 ready cash. Which wasn't all that ready.

So now we have another hot contest going on at our place. Will the mice have the car chewed up before the bees and the termites bring the house down? I'm thinking of impeding the mice's chances by taping a box of d-Con to the engine block. My dear wife says that then, when I stop at a full-service pump for gas, I can say to the attendant, "The oil and radiator are O.K., but would you mind checking the d-Con?" She gets off one of these extremely funny lines about once a year. Which is often enough.

Getting back to the house, there's another dandy race on between the termites and our woodchuck. The woodchuck crawls under the house at noon (we could set our clocks by it) and until 1:30 gnaws on the timbers to get at the termites. What makes the situation so exciting is the prospect he will ingest all the termites before they succeed in sending us through the floor into the root cellar.

Considering the woodchuck's unfailing schedule, I'd say he stands a good chance of emerging victorious. In which case he will have chewed through all the timbers and we'll be ending up in the root cellar anyway. So it doesn't matter a heck

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of a lot to us which way the contest comes out.

Odds, however, from what I read, favor the termites. Did you know that these little housewreckers are born with full sets of teeth, uppers and lowers, molars and all? And we are not talking about baby teeth. These sets of ivories are good for a lifetime.

According to the termite book, the queen of the colony, who must assume at least half the blame for the mess (one queen was timed at the incredible egg-laying rate of one every two seconds), has a life span of 15 years. (If you want to figure one egg every two seconds times 15 years, go ahead; I have more to do.) Workers and soldiers in their society, fortunately, are sterile. Otherwise our house would have been flattened long before this.

If these prolific pests only had to take time to chew their food, this old house might hang on until we could shove it off on one of our kids. But termites use their teeth only for ripping the wood apart. It seems that God, perhaps on His day off, blessed the rascals with a foregut, a midgut, and a hindgut. Something on the order of a cow, only smaller. Wood is passed along to this hindgut, which is stocked with protozoa designed especially for digesting. It remains for someone smarter than I am (there *must* be someone) to come up with a wood treatment that will nullify these protozoa and leave the termite with a bellyful of splinters and a total lack of appetite.

"But how do you know you've got termites?" I've been asked, mostly by relatives living in apartments.

I *could* invite them to be here on the first hot day of spring to watch the imps swarm.

On the other hand, not being wild about having guests hanging around, I could take them to where our 40-by-20

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A MAN WITH A MISSION

Peter Greenwald is convinced cancer deaths can be cut in half by the year 2000. But most of us need to make some changes—small, but very important, changes.

by Diane Bartley

When the captain of America's cancer-prevention war starts eating more fiber, cuts out fatty foods, and climbs all ten flights of stairs to his office—every day—a wise person sits up and takes notice.

Here's the man privy to all the latest cancer research, the man on the cutting edge of modern medicine. He knows what's good for us and what's bad; at this very moment, he's overseeing studies on vitamin A, vitamin E, selenium, and molybdenum, to name just a few. Yet what impresses one most about Dr. Peter Greenwald, director of the National Cancer Institute's Division of Cancer Prevention and Control, is his down-to-earth, no-nonsense common sense.

Eat right, exercise, pay attention to your body. Team this basic advice, he says, with new research findings on cancer chemoprevention, and we might just beat this deadly disease.

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With his warm smile and in his office crowded with family photos and travel souvenirs, Dr. Peter Greenwald, who is 53, looks far more like a favorite family doctor than a white-coat researcher closeted away among high-tech laboratories. He seems a modest man, a family man, a man who proudly tells how he and his children—Rebecca, 20; Laura, 18; and Daniel, 16—helped deliver their dog's pups. His proud boast is about his wife: Harriet, he says, is a fantastic cook "who manages to make fiber dishes both tasty and low-fat."

This is no small compliment coming from a man whose entire life revolves around food. Since assuming his post in 1981, Greenwald has never let what we eat stray too far from his mind. In fact, in those eight years, the National Cancer Institute has built a major new area of research, emphasizing the link between diet and cancer. And for good reason: Greenwald says studies now point to dietary causes in eight or nine of the ten most common cancers—with particularly strong links to cancers of the colon, rectum, breast, prostate, and pancreas.

"Everyone knows by this point, I believe, that cigarette smoking is the leading cause of cancer deaths," Greenwald says. "They're clearly preventable—and that's known with

Dr. Greenwald prepares slides for yet another lecture; he estimates he speaks at least 50 times a year, often out-of-town. But a supreme family man, he tries to work trips around his family, often taking them with him.

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absolute certainty. About 30 percent of cancer deaths are due to cigarette smoking, but happily, in the United States, the tide of public opinion is changing. People are giving up smoking. Some of them don't even want to be associated with smokers and breathe in the carcinogens from the smoke of others."

But what many Americans may not yet realize, Greenwald says, is that our standard high-fat, low-fiber diet may be even more deadly than cigarette smoking. "We don't know as much about it at this point," he cautions.

Under Greenwald's direction, we are, however, about to find out. For the first time, the NCI has embarked on human clinical trials designed to test the theory of chemoprevention. The term chemotherapy is now routinely associated with treating already established cancers, but the newest area of research focuses on chemicals—both natural nutrients and laboratory-made synthetics—that may prevent cancer from ever taking hold.

More than 30 such studies are currently under way. Among them:

—At Harvard, 22,000 doctors are participating in a study of beta carotene, the substance that gives carrots their orange color. Half the doctors are receiving beta carotene pills; the other half are taking placebos. The study will trace the development of cancer in both groups.

—In Seattle, several thousand former asbestos workers who also are heavy smokers are being given beta carotene and vitamin A. These workers have a "very, very high risk of lung cancer," Greenwald says, but at present there is nothing medical science can do for them until the cancer develops. The study hopes to show that chemoprevention may stop the cancer from ever occurring.

—In China, 30,000 farmers with a precancerous condition usually leading to cancer of the esophagus are being treated with four combinations of vitamins and minerals. The precancerous dysplasia is already present, but will the nutrients slow or stop its development?

—In Milan, Italy, researchers are studying 5,000 women who have been treated successfully for cancer

Through the window of a tenth-floor office at the National Institutes of Health, Dr. Greenwald has a commanding view of the NIH grounds and suburban Maryland, just outside Washington, D.C. He has no green thumb, he says, but he does know that plants need their own kind of nutrients.

Photos by Bill Fitz-Patrick

Dr. Greenwald and his wife, Harriet, met in Cambridge, Massachusetts: he, already an internist, was working on his doctorate in cancer epidemiology at Harvard; she was a graduate student in American history. Today Harriet is the executive director of the National Institutes of Health Alumni Association.

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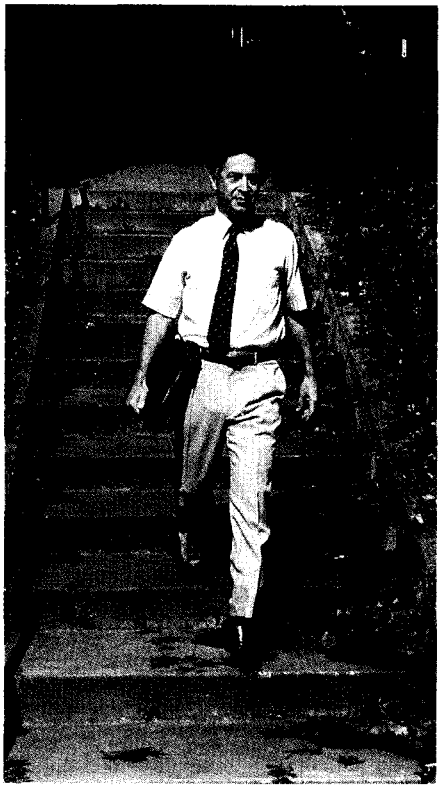
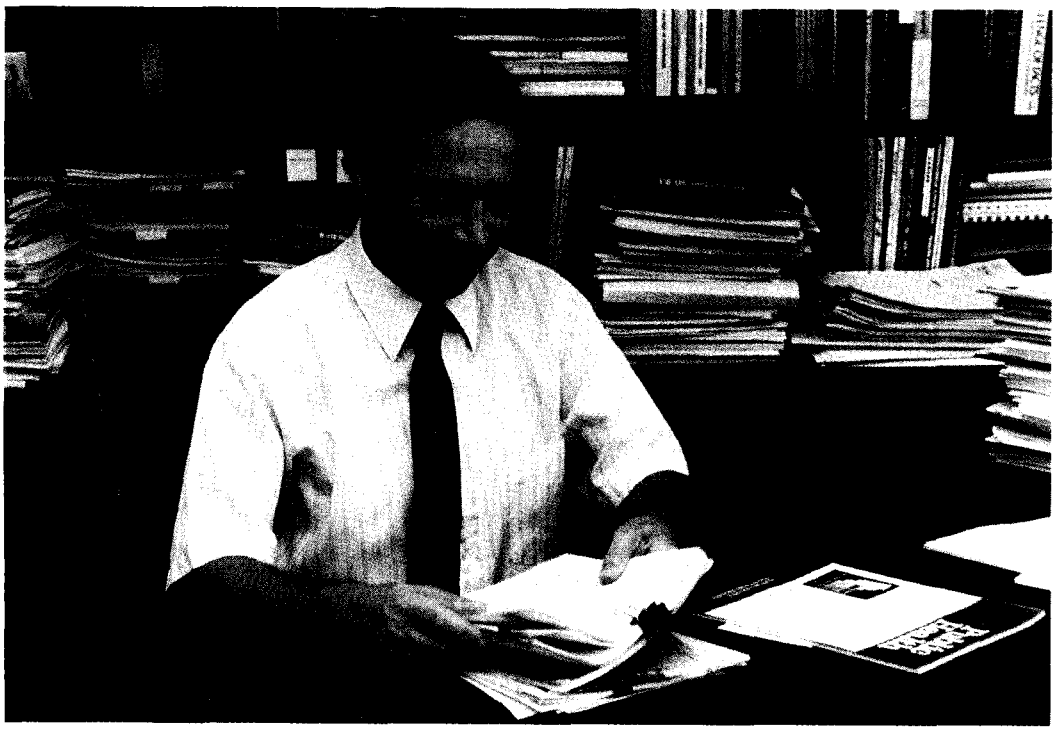


After a short sprint from his residence on the NIH grounds, Dr. Greenwald shuns elevators and climbs stairs to his tenth-floor office.

Photos by Bill Fitz-Patrick

Dr. Greenwald gives Cocoa an affectionate rub. Besides two grown daughters and a son in high school, the Greenwald family now includes, at last count, two Shar-Pei dogs, two Siamese cats, and a pet rabbit.



Dr. Greenwald plows through required reading during a respite in his office. Although managerial duties occupy much of his day, he is careful to make time for his own research, primarily concerning diet and its link to cancer.

in one breast. "The problem is that they have a very high risk of getting cancer in the other breast," Greenwald says. To try to prevent a recurrence, the women are taking a synthetic compound related to vitamin A. "Not something you can buy in a health-food store or anywhere else," he adds.

Already, one of these human clinical studies, published just this September, has proven that cereal fiber can shrink precancerous polyps in the colon. The "cure" in this case: something as simple as two bowls of All-Bran each day.

Fifty-eight people, known to be at high risk for developing colon cancer because of an inherited family condition, were included in the four-year study, headed by Dr. Jerome DeCosse at New York Hospital-Cornell Medical Center in Manhattan. All were instructed to eat two servings of cereal each day. Half

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were given Kellogg's All-Bran, or 22.5 grams of fiber daily; the other half received a cereal identical in appearance but containing very low amounts of fiber.

The number and size of the precancerous polyps shrank in the All-Bran group; the low-fiber test group experienced no such benefits.

Because almost all colon cancer—the nation's most deadly form of cancer—begins with the formation of these polyps, Greenwald says the findings are extremely important. He says that although the size of the test group was small, "it gives us the first direct evidence about the benefits of fiber."

Another recently completed clinical trial gives further evidence that chemoprevention may hold great promise for the future. In an NCI study, persons with large numbers of skin tumors were fed a vitamin A-related compound, called 13-cis retinoic acid. While receiving the synthetic nutrient, patients had dramatic reductions in the number of new skin tumors.

"We don't feel the evidence is clear enough yet to recommend that people take 13-cis retinoic acid," Greenwald says. "But we do feel there is enough evidence that it's very important to do the research trials."

Until the research is conclusive, what can Americans do to increase their odds of preventing cancer? Greenwald recommends the changes his own family has made: cutting down on fat, keeping trim with regular exercise, and eating more fiber—from 20 to 30 grams each day.

Although a high-fiber breakfast cereal is a convenient way to meet a portion of that requirement, Greenwald says Americans also should increase their consumption of fruits and vegetables. "We don't recommend cereal for breakfast, lunch, and dinner," he quips.

Greenwald pauses to remember his own diet during the past 24 hours: whole-grain cereal with peach slices and skim milk for breakfast, a tuna sandwich for lunch, Chinese stir-fry for dinner. "We're not fanatic about our diets," he says, "but we are careful."

Genghis and Yin, mother-and-son Shar-Peis, take Dr. Greenwald and 16-year-old Daniel for a walk through the wooded NIH campus. Daniel's sisters, Rebecca and Laura, are in college: Rebecca is a junior at her father's undergraduate alma mater, Colgate; Laura just started at Johns Hopkins, majoring in international affairs.

Private industry can help in the fight against cancer, Greenwald says, by offering healthful packaged foods and promoting more high-fiber, low-fat products. Croissants and high-fat ice creams are disappointing new products, he notes, but other companies have introduced more healthful new products.

"A number of food companies are looking for ways to make foods more healthful," Greenwald says, encouraged by recent trends. "They need time to do it; obviously they have to market their things. But I think, by and large, they are responsible and do a good job."

As an example, Greenwald cites Kellogg's, "who actually called up and said, 'We'd like to hear what it is you're saying and make sure we're accurate on

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Pets are important members of the Greenwald family. Here, Dr. Greenwald; his wife, Harriet; and their 16-year-old son, Daniel, join the smaller members of the family: from left, Cocoa, Genghis, Peter Rabbit, Yin, and Indigo.

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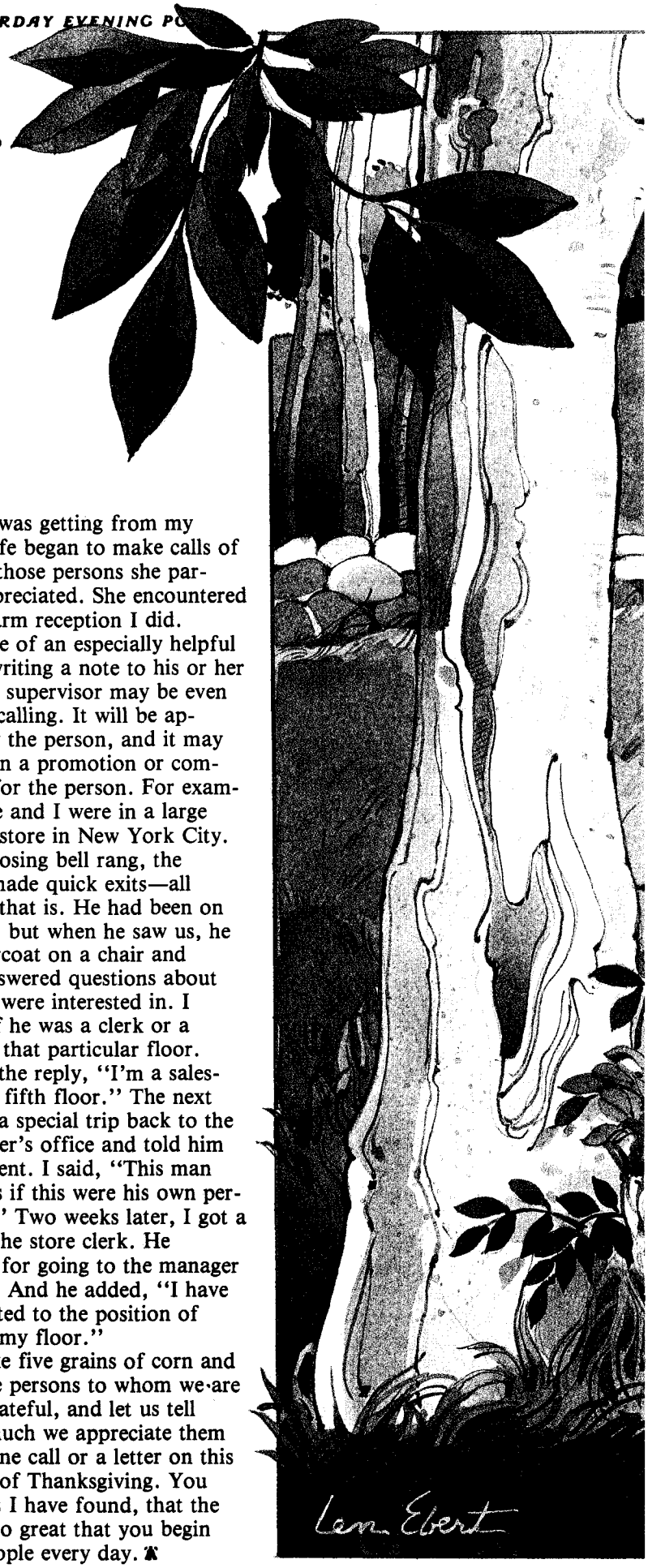
Five Grains of Corn

Thinking and thanking on Thanksgiving Day

BY CLAUDE A. FRAZIER, M.D.



The Pilgrims had a custom of putting five grains of corn on each empty plate before a dinner of "thanksgiving" was served. The father, mother, children, and friends would each pick up a grain of corn and tell of something for which they were thankful. The practice reminded them of how the first Pilgrims were in such straits that their allowance was only five grains of corn per person each day. The Pilgrims had little, but they did possess gratitude. It was upon this base of genuine gratitude that America was built.

Gratitude is one of the great virtues. Our English word "thanks" comes from the same Anglo-Saxon word our word "think" does. If we would stop to think, we would pause to be thankful. When we pause to be thankful, we should think of those people we really appreciate—people who have helped us sometime during our life on this earth.

About three years ago my thoughts turned to the people I especially appreciated. I called each of them. One had been my professor in college; another was a person who had given me a great deal of encouragement; another was one with whom I greatly enjoy playing tennis; and another was a produce-department employee who had been especially helpful to me when I accompanied my wife on our regular Saturday-morning trip to the grocery store. The responses to these calls were amazing and also gratifying. It seems that the calls were the first time someone had expressed appreciation to them in this way. After hearing the enthusiastic responses I was getting from my calls, my wife began to make calls of her own to those persons she particularly appreciated. She encountered the same warm reception I did.

In the case of an especially helpful employee, writing a note to his or her employer or supervisor may be even better than calling. It will be appreciated by the person, and it may even result in a promotion or commendation for the person. For example, my wife and I were in a large department store in New York City. When the closing bell rang, the employees made quick exits—all except one, that is. He had been on his way out, but when he saw us, he laid his overcoat on a chair and helpfully answered questions about the item we were interested in. I asked him if he was a clerk or a manager on that particular floor. "No," was the reply, "I'm a sales-clerk on the fifth floor." The next day I made a special trip back to the store manager's office and told him of this incident. I said, "This man treated us as if this were his own personal store." Two weeks later, I got a letter from the store clerk. He thanked me for going to the manager of the store. And he added, "I have been promoted to the position of manager of my floor."

Let us take five grains of corn and think of five persons to whom we are especially grateful, and let us tell them how much we appreciate them by a telephone call or a letter on this coming day of Thanksgiving. You may find, as I have found, that the response is so great that you begin thanking people every day.

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Illustrated by Len Ebert

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DOC SEVERINSEN'S MUSICAL MEDICINE

Behind the flamboyant costumes and sharp wit is a consummate artist driven by his love for music.

by John McCollister

Johnny Carson is just ending his opening monologue when he does a double take and gawks at the bright red-and-green sport coat worn by his bandleader.

"There's the only man who would make a peacock jealous," Carson quips.

The audience roars, even though the joke is similar to others they've heard before. They're used to the good-natured banter between Carson and the one affectionately known as "Doc." Most Americans have come to know Doc Severinsen for his flashy dress and his ready wit, but fellow musicians see much more in the veteran leader of the "Tonight Show" band. Some praise him as one of the best trumpeters ever to set lips to a mouthpiece.

Severinsen is still boyish looking at 62. A small-towner like Carson, he has worked his way to the top. He grew up in Arlington, Oregon—population 453. "It was a genuine cow town," he says. "They actually had cattle drives down the main street. You had to close your doors, or else the animals ran right into your living room.

"But I'm glad I'm from a small town," he adds with a tone of seriousness. "It's part of American life that you just don't find anymore. The value system was different from today. It was a time when an older person would call your parents and say, 'I just whipped your son for you,' and the parents said, 'Thank you.'

"My dad was the town's only dentist. He was 'Big Doc,' and I was called 'Little Doc.' " The nickname has stuck.

Severinsen inherited a deep devotion to music from his father. The elder Severinsen played the violin for relaxation. He especially loved the classics. In an attempt to pass along this interest to his son, he got the seven-year-old a junior-size violin. But Doc refused to have anything to do with it. Instead, he wanted to play trombone. Unfortunately, the youngster's arms were too short to extend the slide. Besides, there weren't any music stores in Arlington where he could purchase a trombone. One of his neighbors—Herb Clark, who worked as a mechanic at the Shell service station—had an old army trumpet. He sold it to the Severinsens for $30 and drew pictures of the fingering on a brown paper sack. That trumpet became Little Doc's instrument.

"I got the trumpet on one condition: I had to practice each day. Yet I hated to practice," Severinsen admits. "My mother threatened to spank me if I didn't play. That changed my mind in a hurry, and I started working at it. As I got better, the practice sessions changed from agony to fun.

"My dad used an unorthodox way of showing me how to attack the notes. He had me place tiny pieces of chewing tobacco on the tip of my tongue. 'Spit those out,' he'd say. And that's what I did." The strange exercise must have worked. In just two years, Doc became the state champion junior trumpeter. At 12, he won the Music Educator's National Contest.

Soon the young Severinsen formed his own band—called the Blue Notes—in Arlington. "We played mostly for Grange dances," he says, "where the people wanted to hear 'Turkey in the Straw' and other country-type numbers."

When Tommy Dorsey's famous band was in Portland in 1940, Dorsey needed a trumpet player in a hurry. Someone told him of this hot young musician in Arlington. "They didn't know it was a 14-year-old kid," Severinsen says. "I tried out for the band but didn't make it."

Before Doc finished high school, he was hired by another band leader—Ted Fio Rito. Now he was a full-time professional musician. After completing high school through correspondence, in 1946 he joined the army, where he played for the Special Services band.

Following one year in the service, Severinsen was invited to play with the famed saxophonist Charlie Barnet. "We had a hot band," he remembers. "But it was racially mixed, with several blacks, including Clark Terry, who was like a brother to me. The fact that I was a member of a band that was mixed made me the object of prejudice. We identified with each other and respected each other. When we saw prejudice exercised against any of us, it hit us all. Once we were chased out of a diner in New Jersey, not 50 miles out of New York City, by a chef with a meat cleaver, because we wanted to sit down and eat together. I got an early insight into what it's like to be treated badly because of religion or race."

Terry never forgot Severinsen's loyalty. He was able to get his friend the opportunity to join the Duke Ellington band—an experience Doc vividly recalls: "It was only a one-night stand in New Rochelle, New York. The Duke happened to be short a horn that night and asked me to fill in. It was one of the greatest musical moments of my life."

In 1949 he tried out again for the Tommy Dorsey band. This time he made it. "The first night, when we broke into the theme song ["I'm Gettin' Sentimental over You"], I felt like my feet had left the ground. I really wasn't there for a while. I was floating."

Tommy Dorsey was a legend; so was his music. Audiences throughout

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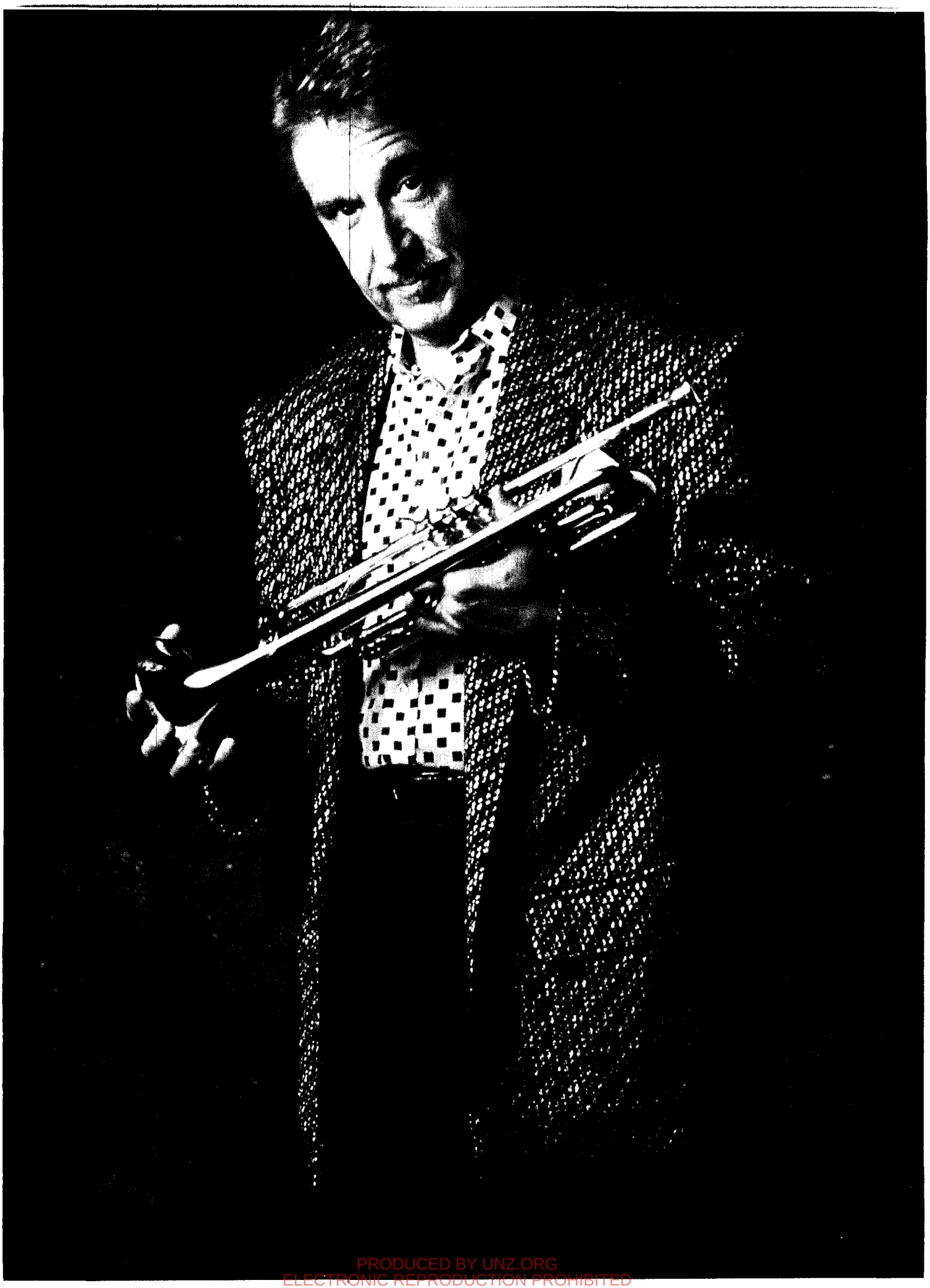

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THE KNIGHT I KNEW

What's it like to play ball for "the General"—college hoop's most colorful coach? Four-year veteran Steve Alford shares one war story from the Hoosier camp.

by Steve Alford

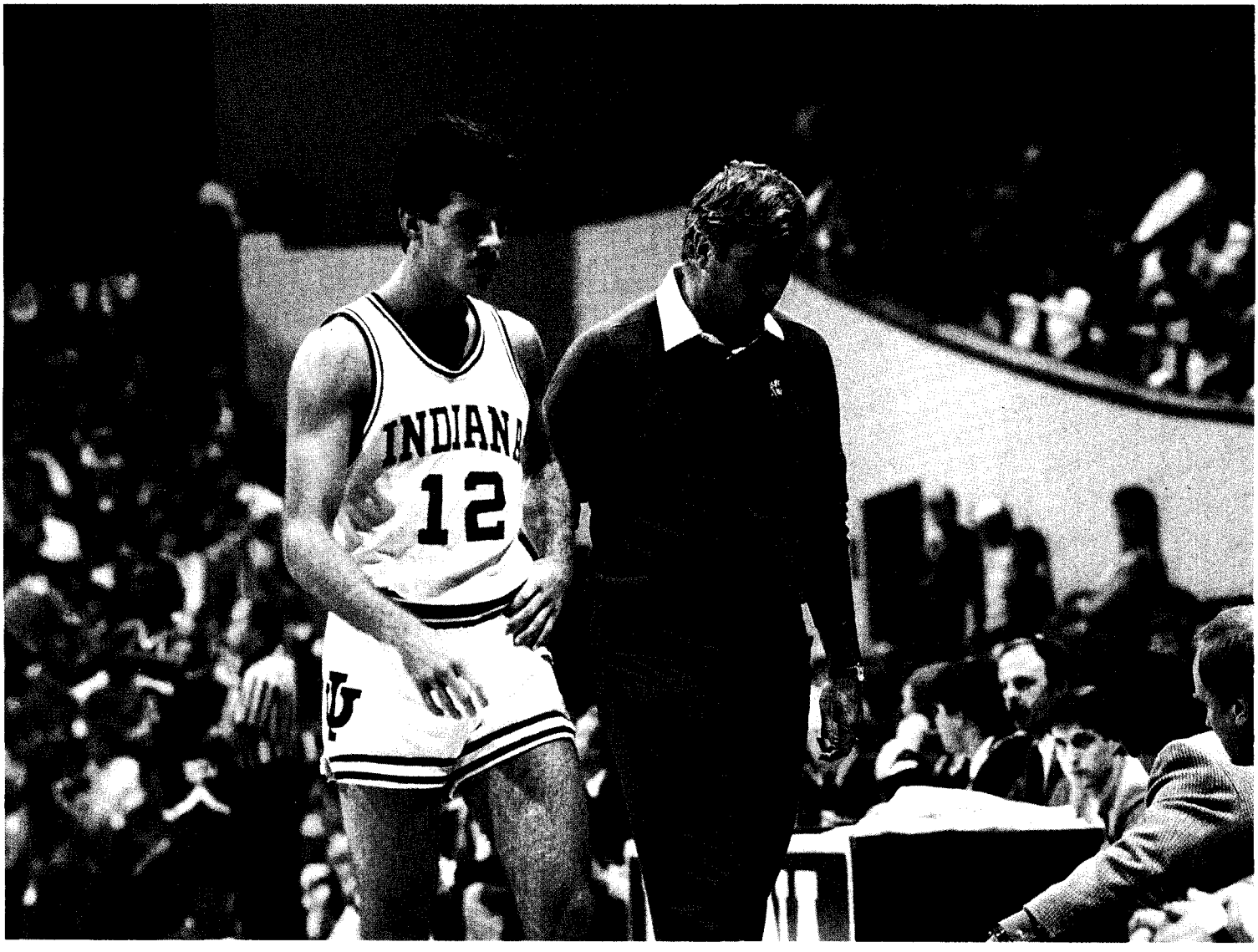
Editor's note: *The season was off to a shaky start. Bob Knight's 1984 Indiana University basketball team had just been crushed on the home court by its archrival, Purdue. The Hoosiers' next Big Ten opponent was Michigan State, but between the clashes was to be what the shooting ace Steve Alford still calls "one of the strangest weeks of my basketball life." He recaps the bizarre events in his new book,* Playing for Knight, *to be released this November.*

Coach Knight had called practice for Sunday afternoon, but we arrived at Assembly Hall to find the locker room empty. I mean *empty*. There were no chairs, no signs on the walls, no managers, no assistant coaches. We milled around in the hallway for a few minutes, unsure of what to do. Then Coach showed up.

"You don't belong in that locker room," he told us bluntly. "A lot of great players have dressed in that locker room, players who earned the right. You aren't in that class."

He then led us down the hall to the visitors' locker room, where he had set up the VCR. For two hours we sat in the darkness, suffering through replays of the Purdue game. Coach was brutal in his criticisms. If anything, he seemed angrier than the day before, when the loss was still fresh.

The next day, Monday, we discovered that we were no longer worthy of even the visitors' locker room. Our chairs were lined up in the hallway,



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our gear and uniforms piled up on top. I found a few teammates in the training room, taping each other's ankles. Again, no managers, no trainers, no assistant coaches.

Coach arrived at three. Alone.

"The assistant coaches won't be here," he said. "I told them not to come in. You didn't put enough effort into the Purdue game to *deserve* coaches and managers."

He looked strangely distracted, as if he had more important things on his mind than basketball, things like picking up the laundry or returning his library books.

"I'm going to do some things on my own," he went on, "then I'm going home. The assistants might be here tomorrow, they might not. You want to come tomorrow, you can come tomorrow. I really don't care. But I'm not doing anything to prepare for the game. If you can't get fired up to play Purdue, then I've got no interest in you. I've got no interest in coaching players who won't put out the same effort as the coaches."

Having said that, Coach walked to the other end of the building; then he got on a stationary bicycle and started pedaling.

Chuck Franz and Dan Dakich, a couple of upperclassmen, were not as stunned as I was. They had seen variations of this hands-washing routine before. Coach had walked out of practices before, only to return the next day. On the other hand, he had always left his assistants to coach the team. This time, there were no assistants.

It was totally silent in the gym, except for a nervous dribble or two. Finally, Chuck and Dan took command. Someone said, "Let's get started," and we began our usual drills.

Down at the far end, Coach pedaled away on his bike. He looked our way from time to time. Finally, he left, stopping just long enough to inform us that there would be no training table after practice. He said we didn't deserve to be fed by the university, either.

Practice limped to a halt at about five o'clock. We dressed in the dark hallway and then walked out into the cold and blustery night, wondering what new surprises Coach Knight would have for us the next day.

Tuesday's practice turned out to be much like Monday's—no coaches, no managers, no trainers. Coach pedaled away on his exercise bike.

This time, on his way out, Coach informed us coldly that the assistants had left a tape of Michigan State for us to watch—if we wanted to. Beyond that, there would be no scouting reports, no game boards, no game plan.

"By the way, Chuck—" He turned to our only senior. "The plane is not going up tomorrow. You'll have to get buses. Oh, and you'd better arrange for a hotel for the team in Lansing, and you'll need to schedule court time if you plan on a shoot-around. And you'd better make arrangements for meals."

"You don't belong in that locker room," he told us bluntly. "A lot of great players have dressed in that locker room, players who earned the right. You aren't in that class."

We were stunned. Apparently, Coach had canceled all the arrangements for our trip.

When Coach was gone, Chuck looked at Dan in disbelief. "Dan, what in the world is going on?"

More than any other player, Dan understood Coach's mind games. "You know as well as I do," he told us, "that the plane's going up tomorrow. No matter what Coach does, the game is gonna be played on Thursday. If we win that game, everything's gonna be back to normal."

His face hardened. "We've *got* to win the next game."

Chuck and Dan brought practice to a quick halt and rushed off to take care of their new duties. Maybe Coach was just bluffing, but they couldn't take a chance that he wasn't.

Chuck found one of our senior managers and got a crash course in travel agenting. Before the evening was over, he had chartered buses to take us to Lansing, booked motel rooms there, reserved court time for practices, and scheduled banquet rooms for our meals. Dan took charge of the VCR, the Michigan State tapes, the medical supplies, the balls and equipment, and all the other stuff we took on trips.

As a mere freshman, I had no new responsibilities. Marty Simmons and Todd Meier and I got something to eat and went back to the dorm, where we sat on our beds and laughed about the day's events. It was the only way to keep our sanity.

The thing that struck us, though, and kept us from panicking, was that the upperclassmen seemed to take everything Coach did in stride. They had been through a lot of strange stuff with him in previous seasons, and they swore that Coach knew what he was doing, even if he seemed totally off-the-wall. There wasn't a hint of rebellion among the upperclassmen—just the usual bewilderment and awe.

I hadn't been through a full season with Coach Knight, so I was less confident. When I went to my room that night and tried to study, I couldn't concentrate. Was Coach really going to let us travel to Lansing without him? Would he throw away a game against a Big Ten opponent just to make a point?

I pushed away my books. What was I reading, anyway?

For the second night in a row I slept poorly, but I'm sure Chuck slept worse. He was two nights away from coaching his first Big Ten game.

• • •

As it turned out, Dan was right. We got word the next afternoon that Coach had changed his mind: we *could* use the plane. The assistants were back too. But things were hardly back to normal. Coach did not board the bus at Assembly Hall, and he was not waiting for us when the bus pulled up to the plane at the airport. Daryl Thomas, Todd, Marty, and I got out and started carrying the luggage and gear to the plane, traditionally a freshman duty. We expected Coach to drive up any minute, but he didn't.

We all boarded the plane like strangers on a commercial flight. Coach's usual front seat, facing us, remained empty for the entire trip.

We were met on the ground in Lansing by Coach Chuck's bus, which drove us to the motel. He got us checked in with amazing efficiency. The evening meal awaited us too, along with a motivational talk from Steve Downing, a Hoosier all-American for Knight in the early '70s. Steve

Alford could *play* basketball superbly—Coach Knight taught him how to *win*.

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evoked the Indiana basketball tradition and tried to explain to us why Coach was so upset—although nobody has ever satisfactorily explained Coach's moods.

After the meal, we gathered around the VCR to watch tapes of Michigan State. The Spartans had lost three straight games since winning their Big Ten opener, but one of their stars, Sam Vincent, had been out of the lineup. He was expected to play. Chuck and Dan, who knew most of their players fairly well, gave the rest of us the benefit of their experience. It was sketchy stuff. Never before had an Indiana team faced a major opponent with so little preparation. We had no game plan, no strategy. The defensive match-ups were made as though we were playing a pickup game: "Who you wanna cover, Steve? . . . I'll take number 20, Chuck. . . ."

Of course, we knew that Coach had to have his reasons for letting us play unprepared. "Coach is telling us that our winning or losing here has little to do with Michigan State," Chuck said, "and everything to do with us."

Dan nodded grimly and repeated what he had said the day before: "We *have* to win this game."

The next morning, we had our usual walk-through, but it was a quiet and somber affair. Coach did not attend, and the assistants just watched and offered little advice. We went over the Michigan State offense, based on the previous night's tape session. "It doesn't matter what Michigan State does," Chuck reminded us. "It matters what *we* do."

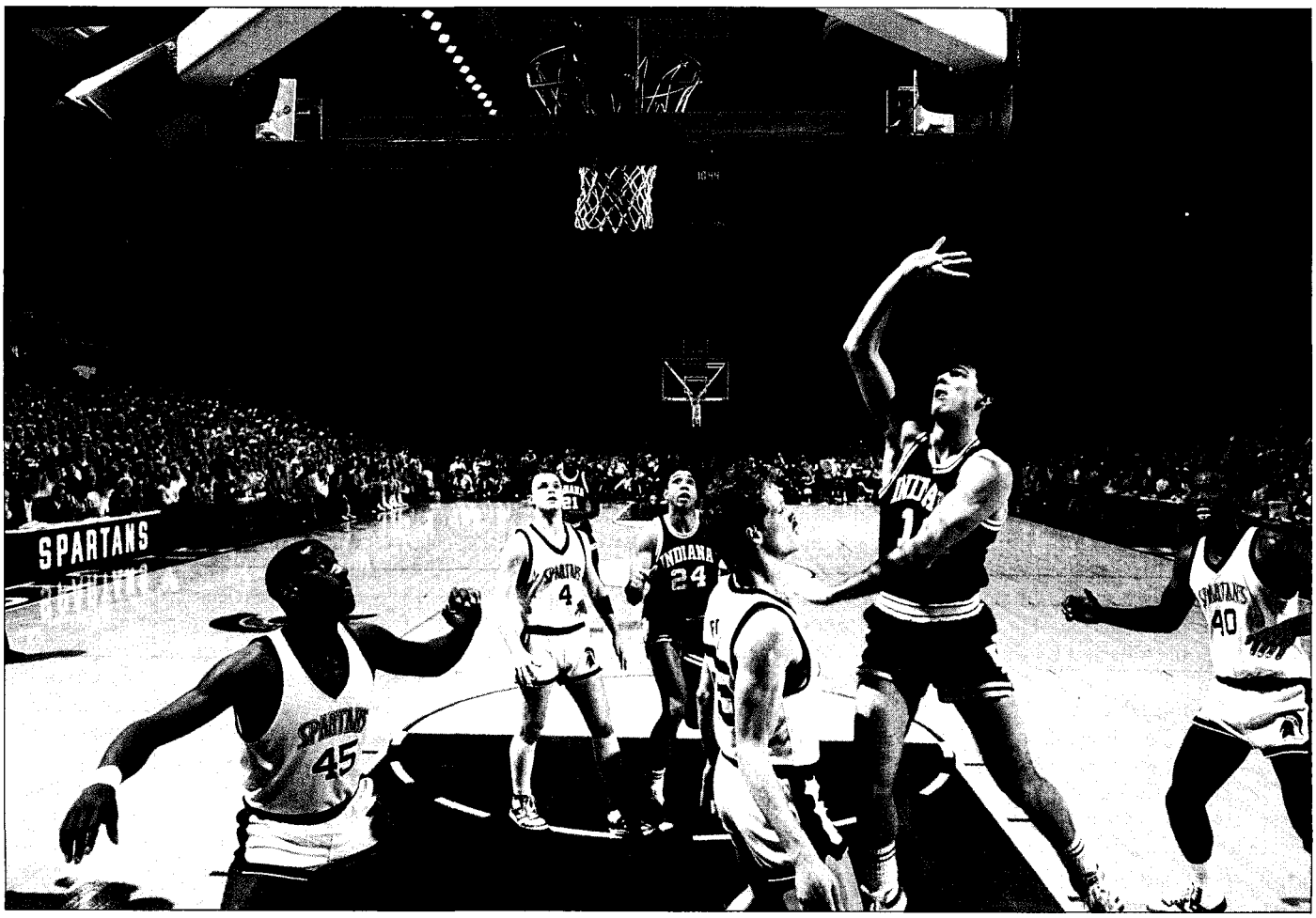
The bus picked us up at the motel at 5:30 and drove us to the field house for the game. Coach didn't ride with us. Neither was he with us in the locker room while we dressed and got taped. (Tim Garl, our trainer, was back, thank goodness.) We watched the clock anxiously. When the time came to take the floor for warmups, there was still no sign of Coach. We went out alone.

Back in the locker room, we sat with the assistant coaches and waited. The managers leaned against the walls. Chuck paced nervously. The clock on the wall inched to 7:25. Ten minutes to tipoff.

I looked at Uwe Blab, our recruit from West Germany, who stared vacantly across the room. What was he thinking? That America was the land of the insane?

At 7:27, the door opened and Coach Knight walked in. He immediately gave some perfunctory instructions for the game. He didn't raise his voice. He didn't look anybody in the eye. His posture said, "I'm here because I have to be here." When he was through, he said, "O.K., let's go," and walked out. We followed him to the floor, grim and determined. We were met with rousing boos from the MSU fans.

Chuck and the four freshmen (including me) started the game—a lineup that startled the press at courtside, not to mention our opponents. Michigan State won the tip and scored a basket, drawing a roar from the crowd. We brought the ball down and looked for the good shot . . . and looked . . . and looked. There was no 45-second clock in operation that year, so we could be as patient as we



The author goes in for the score.

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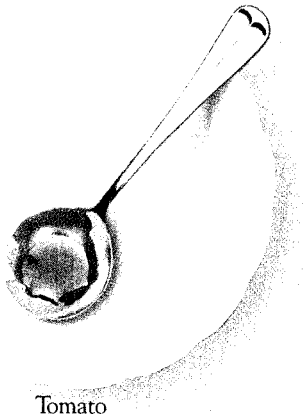
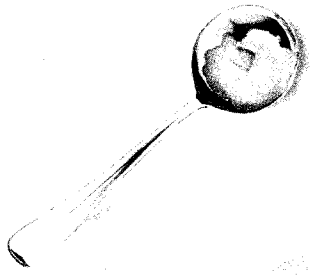
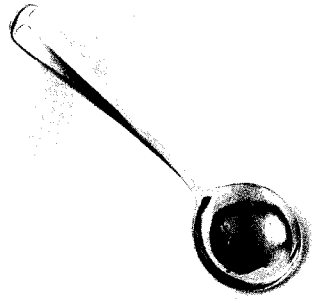
How people react to Campbell's® Special Request® Soups with ⅓ less salt.



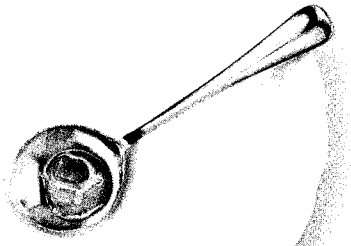
Tomato



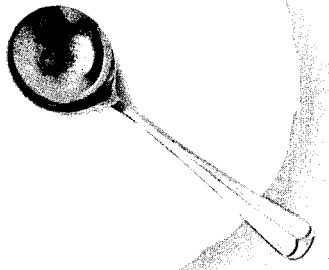
Cream of Mushroom



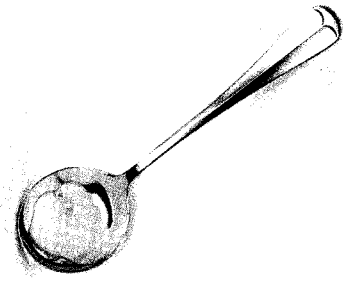
Vegetable



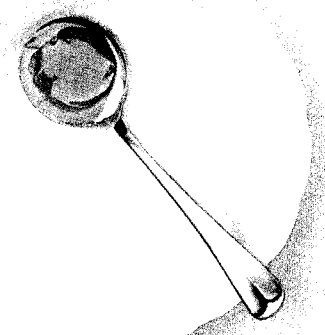
Chicken with Rice



Vegetable Beef



Cream of Chicken



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wanted. We ran nearly three minutes off the clock before we got the shot we wanted. It was a jump shot from the key, and Chuck buried it.

That set the tone of the game. We controlled the tempo and played for the high-percentage shot. On defense, we scrapped and fought for position.

Coach? Legend has it that he sat on the bench and watched, not lifting a finger. Actually, he handled all the time-outs and substitutions as usual. The mind games were over. He wanted to win.

The game was tight from tipoff to horn. Uwe, who had struggled of late and hadn't played much in the game, came in near the end and missed a couple of foul shots. But then he hit two huge free ones that sent the game into overtime. In OT, we grabbed a quick lead and then stalled the game away, hitting our closing free throws for an eight-point victory.

When the final buzzer went off, we celebrated as if we had won the conference, hugging each other and jumping around. For the freshmen, especially, it was a thrilling win. We had 52 points out of our team's 70.

Coach was jubilant in the locker room. He told us he was proud of us for overcoming adversity. He thought we had met a great challenge. "This just proves what you can do as a team," he said. "This is what I mean when I talk about mental toughness. Without it, you aren't worth a thing. With it, you can do great things."

It had been a truly weird week, but it had the effect of pulling us together and bringing out a total effort—just as Coach must have figured it would. It was the first time that I really understood why people called Coach Knight a genius. No matter what he might do the rest of my career, no matter how far-out or wrong he might appear, I would always have to consider the possibility that there was a method to his madness.

Coach was just going out the door when he turned and looked back at Chuck Franz—the senior who had had the whole of Indiana basketball dumped in his lap. "Hey, Chuck!" he yelled. "You did a great job tonight. Do you want to coach the Michigan game?"

Chuck grinned and shook his head. "No, no, Coach," he said. "I don't think I want to."

Chuck didn't have to. We had our old coach back. ★

From Playing for Knight, *by Steve Alford with John Garrity. Copyright © 1989 by Steve Alford, John Garrity, and Super Talents Ltd. Reprinted by permission of Simon & Schuster, Inc.*

Termite Race

continued from page 57

tool shed is now on the ground, and it's flatter than Dr. Pepper on a platter. Or I could invite them to stop at the barn and crumble a supporting timber in their hands.

On the way back to the house I could pull a fencepost out of the ground using only my thumb and pinkie. And inside the house I could show them where to step on our bedroom floor—unless they didn't mind the inconvenience of climbing out of the root cellar.

"Why don't you get rid of the pests?" is another dumb question we keep hearing. "Aren't there people who make this their life's work?"

Yes, there are termite exterminators. And we are on a first-name basis with most of them within a four-county radius. But they all agree that unless they first excavate to get under the house, they would hate to take my money. But one termite exterminator said he would take $1,200 of my money to do the digging, plus another $300 to finally send the termites packing.

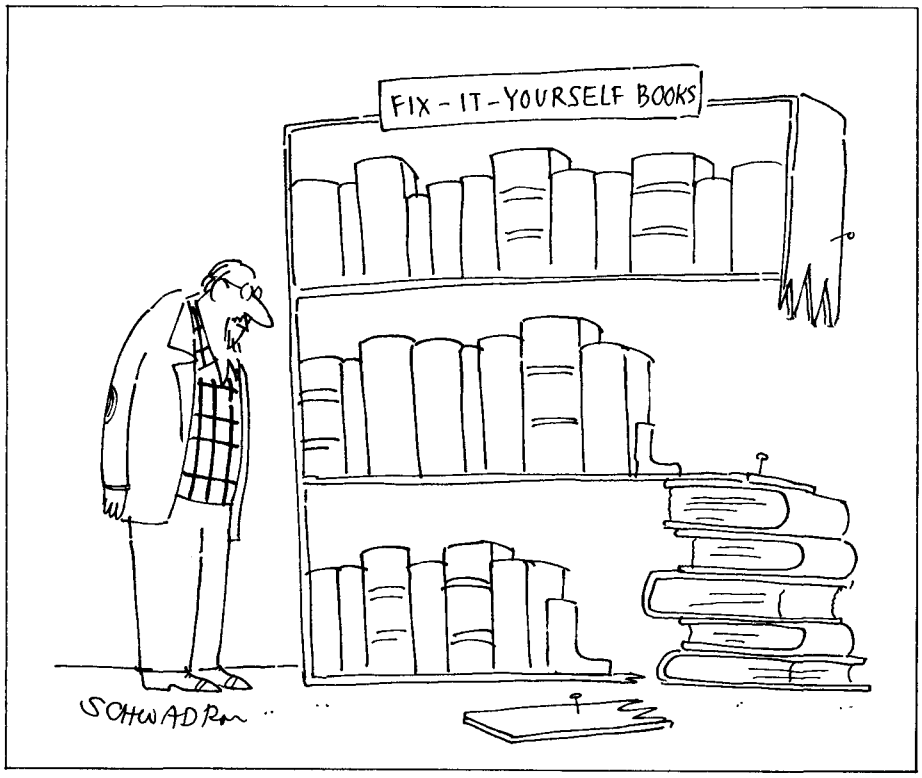
Instead, I drove to Spencer and paid $32 for a quart of stuff to mix with water guaranteed to knock their socks off. The termites loved it. I've never seen a healthier swarm than we had this year.

Besides the exterminator and the woodchuck, the termite's natural enemies, my book says, are the leopard toad, the scaly anteater, the goatsucker, and the bat. Take your pick. As for me, I'll take a termite over a goatsucker any time.

In addition to devouring wood, termites also dine on soft plastic used for insulating electric wiring on flexible water pipes. Among their hors d'oeuvre the straw in adobe bricks is highly rated. They've also been known to sink their full set of teeth into the lead covering of underground telephone cables. And now the *Wall Street Journal* has run a story under the headline "Terror of the Concrete-Craving Termites." And there goes our patio.

The whole scenario has left me emulating the soldier termites, whose duty is to defend the colony against intruders, in particular predatory ants. To alarm the colony, they begin beating their little heads against the ground.

However, due to a touch of arthritis, I am restricted to beating my head against the side of the house. But gently, lest I bring it down and end the race for good. ★



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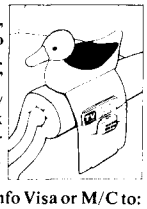

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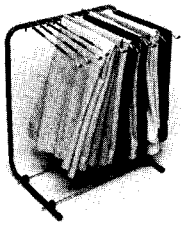

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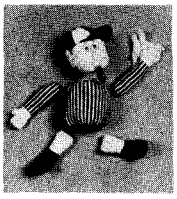

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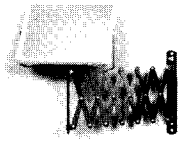

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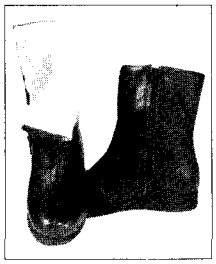

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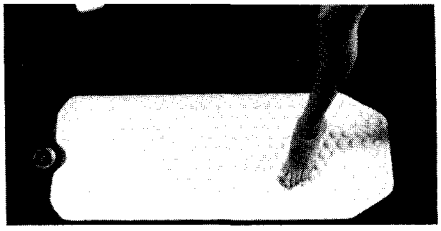

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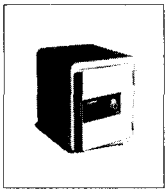

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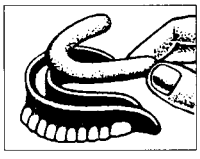

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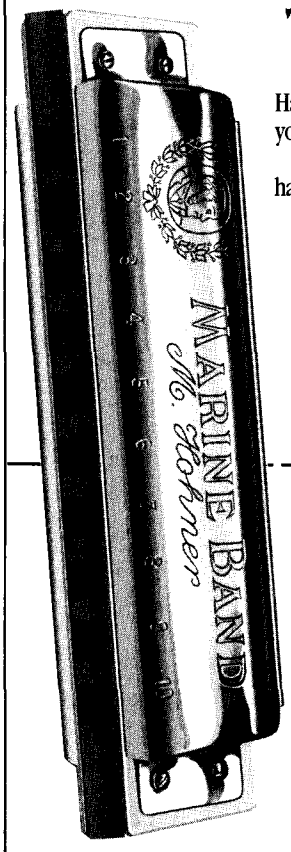

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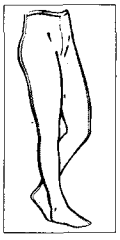

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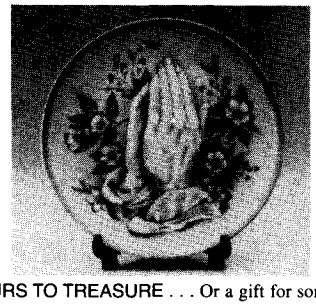

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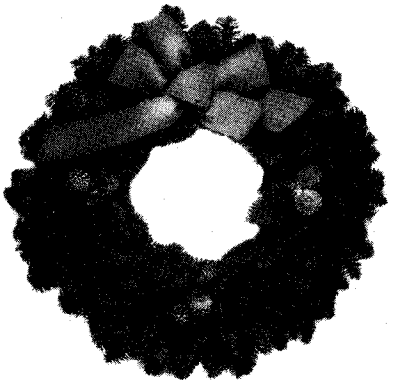

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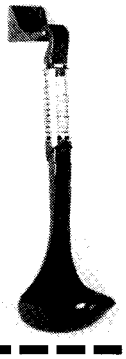

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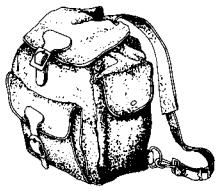

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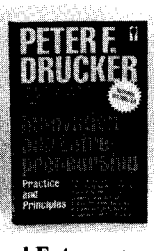

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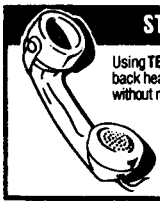

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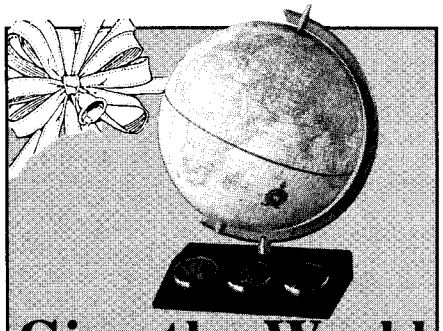

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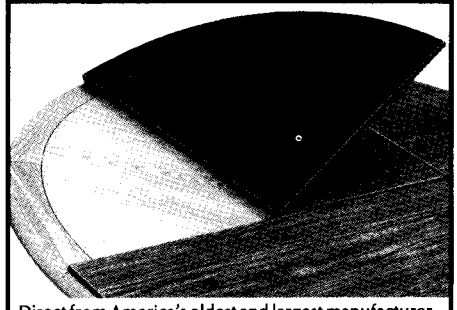

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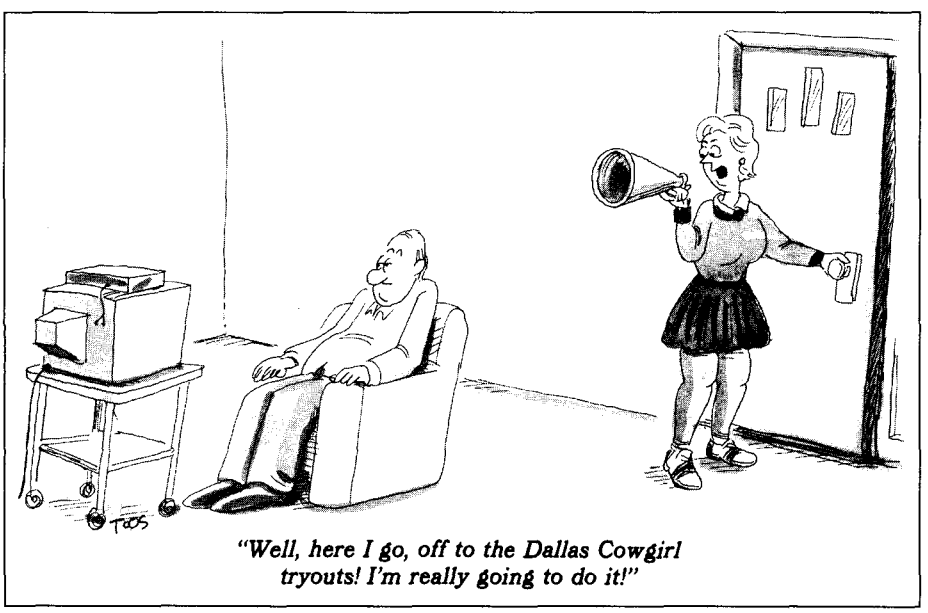

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Notices/Personal

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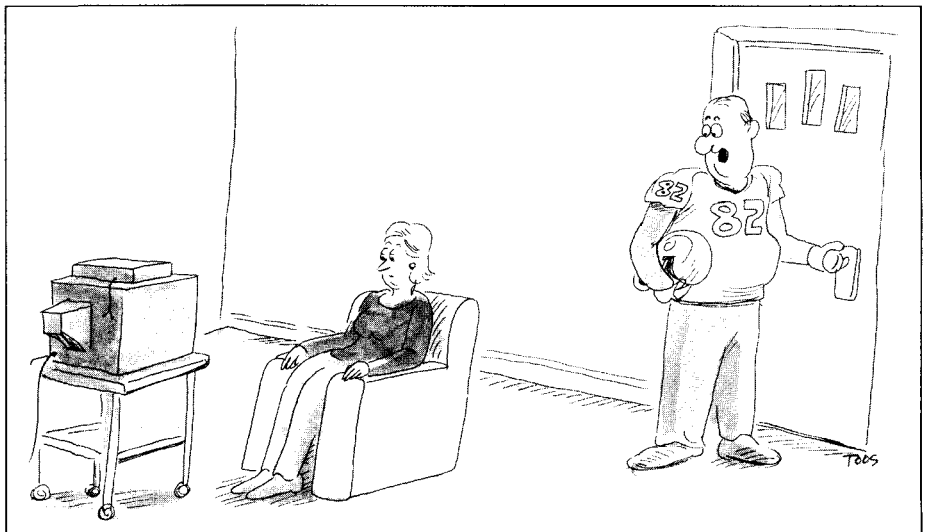

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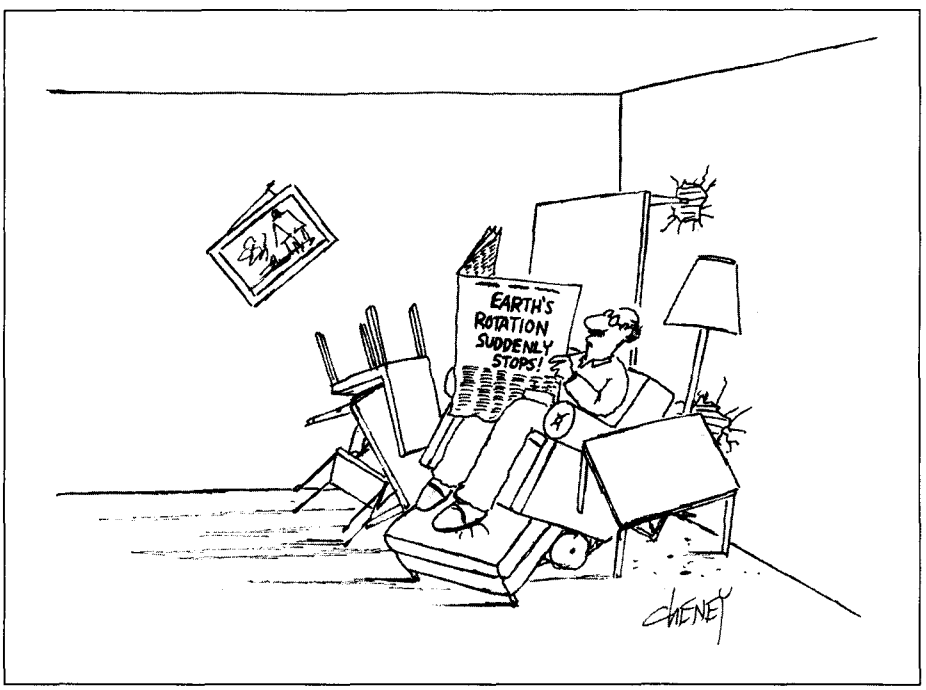

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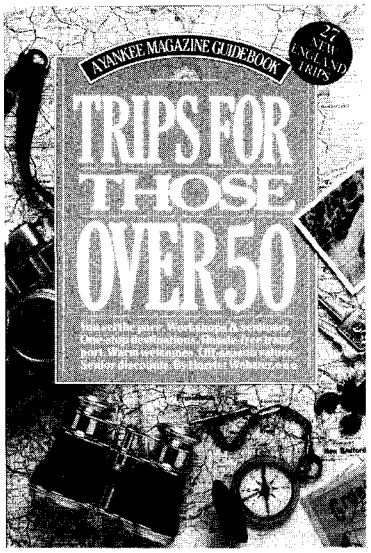

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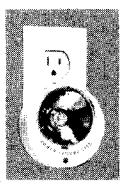

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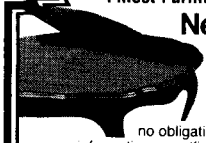

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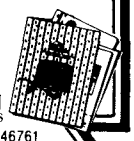

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November/December 1989

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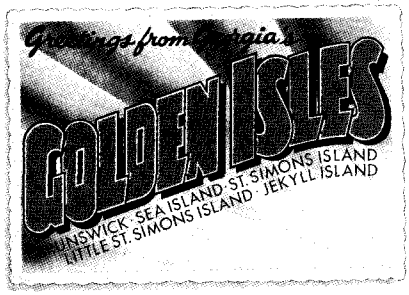

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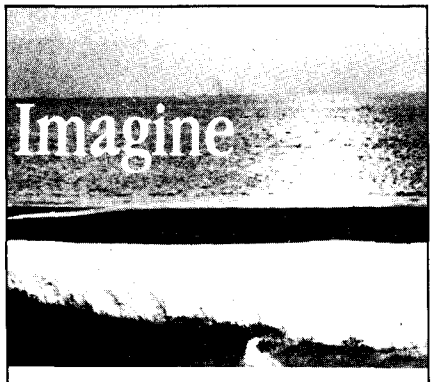

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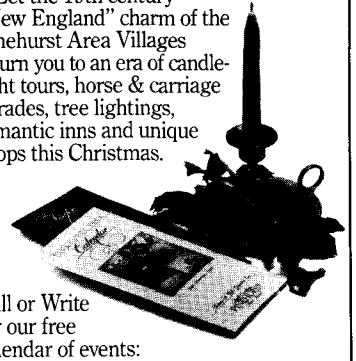

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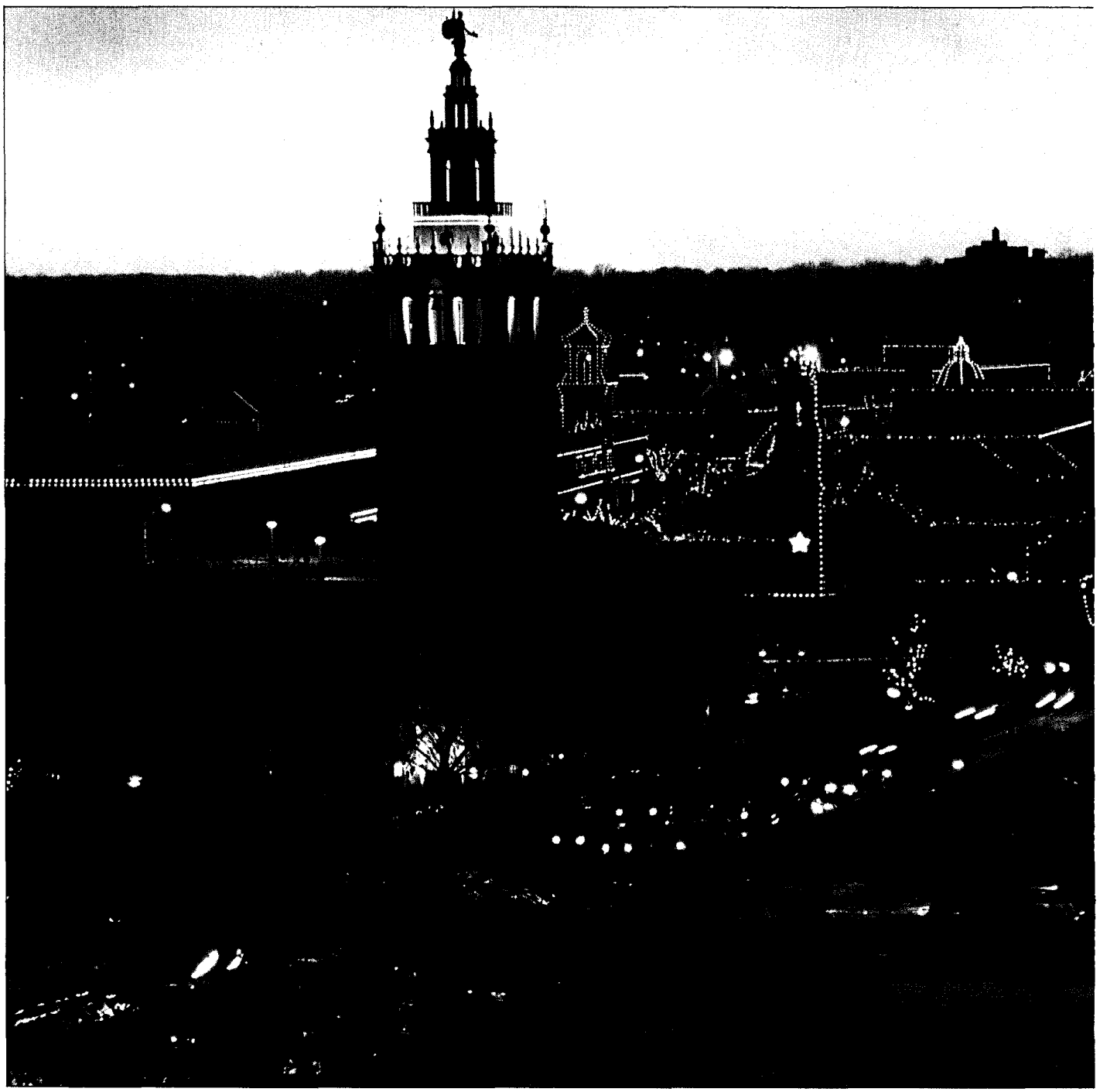
K.C.'s Christmas Is in the Cards

By William Mueller



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My first memory of Christmas in Kansas City takes place in the car, in the middle of winter. My father is driving us at night through a typically bland Midwestern city. We reach the crest of a hill and the car pauses. There, spread below, is a city of lights. Multicolored pinpoints of light burn through the chill air. I wonder at the clear outlines of turrets, towers, roofs, and archways.

But these are not castles in the sky. This is Country Club Plaza, quite likely the country's oldest shopping center. Here no lush store names, or common ones, or shopping center "look" affronts the patrons.

Forty-nine miles of 156,000 lights outline the 14-block plaza, a general Spanish framework of low buildings finished in earthen tones and highlighted with brilliant tile roofs of red. Italian, Portuguese, and Moroccan influences abound. A 1911 English fountain with Neptune and spouting seahorses nicely counterpoises a bronze boar fountain copied from Florence's straw market, both a bit removed from the images of three frolicking penguins that might have been sculpted by a playful Rodin. There is the beige brick Plaza Time Building with contrasting blue and red tiles and Renaissance ceramic clock tower.

Even large stores, like Swanson's, greet visitors through Arabic archways. Halls Department Store is finished in white plaster with Moorish designs on the facade. More familiar names also succumb to the Mediterranea look: Bonwit Teller, Saks Fifth Avenue, Laura Ashley, Abercrombie & Fitch, and Crabtree & Evelyn. At Christmas many stores decorate their windows while characters from

John Wakefield Kansas City

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K.C.'s Christmas for Adults

People who envision Kansas City as a gridiron of livestock pens and grain silos are surprised to find that the "cowtown" has 52 boulevards gently outlining the many hills of the city. They are further surprised to discover one of the country's largest collections of Chinese art at the Nelson-Atkins Museum of Art, and invariably amazed by the dozens of good restaurants, the jazz clubs, theaters, and the several historic districts around town.

Some suggestions to enhance a holiday stay in K.C.:

- "A Christmas Carol," by the Missouri Repertory Theatre. Nov. 21-Dec. 24.
- "Nutcracker Ballet," by State Ballet of Missouri: Dec. 8-10 and 15-17 at Music Hall.
- Toy and Miniature Museum: Displays of antique and modern Santas, doll houses, and contemporary scaled miniatures; Nov. 25-Jan. 1.
- John Wornall House; south of Country Club Plaza; Greek-revival farmhouse, decorated in 19th-century Christmas style; through December, including candlelight Christmas tours Dec. 3 and 10.
- The trolley. Excursion ($2) route includes three stops at your choice of Country Club Plaza, Westport (a historic district), Nelson-Atkins Museum, Crown Center, or the central business district, complete with enjoyable driver chatter.
- Where to eat? Steaks—Hereford House or Golden Ox (by stockyards and Kemper Arena); Arthur Bryant's Barbecue; Jasper's Restaurant (Italian); Peppercorn Duck Club (as name suggests, celebrates duck); the American (serves such Midwestern delicacies as spoonbill caviar, Missouri greens, and Sugarbush Mountain maple mousse).

In the area:

- Weston, Missouri: 40 minutes northwest, with 100 pre-Civil War homes on National Register. The 7th annual "Candlelight Tour" is Dec. 3; six antebellum mansions and Victorian homes. Reservations.
- Longview Farm: on grounds of one of nation's most beautiful farms. "Festival of Trees" and "Christmas in the Park" displays; Nov. 4-Dec. 3.

children's stories stroll among the crowds. Carriages take patrons through the plaza streets; and the trolleys, staffed by talkative drivers, link the plaza to the rest of town.

The plaza began with J. C. Nichols' purchase of a patch of swampy ground a mile beyond the end of the trolley line back in the 1920s. He saw in this pig farm a possible shopper's *beau geste*; people dubbed the project Nichols' Folly. Today it helps shape the city's character.

The same spirit manifests itself a few blocks away at the Crown Center. A dozen years before Nichols created his fantasyland, Joyce C. Hall began Hallmark Cards here.

Today, the half-billion-dollar Crown Center is as much a Christmas institution as the plaza. Here the mayor's tree is lit, a 92-foot Oregon Douglas fir, claimed to be the nation's second-largest Christmas tree. From November 24 through January 1, the entire area is transformed. Children's Coterie Theater characters like Winnie-the-Pooh and smiling snowmen wander the site. Kids navigate Santa's Play Trail of slides, ladders, and tunnels. Nearby is Kaleidoscope, a creative workshop for children. Visitors pet the giant stuffed animals and work at the magnetic sculpture table with the assistance of artists, including a green-glowing E.T.

Enormous displays featured at the center range from a historical tour of Christmas cards, to an exhibit of presidential cards going back to

Wishing can make it so when the Christmas Fairy Princess entrances young visitors. This venerable K.C. tradition was revived two years ago after a 17-year hiatus.

The $500 million Crown Center takes a back seat during the holidays to the mayor's Christmas tree—an Oregon Douglas fir, No. 2 in the United States in size at 92 feet.

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Eisenhower, to paintings by Norman Rockwell and Grandma Moses. Then there are the special trees given by employees each year to the late J. C. Hall. Hundreds of artists and craftspersons made personalized miniatures to fit the theme of each tree. It is all there from November 24 through December 30.

Crown Center has its chrome and neon, but the outdoor skating rink mood is like a small town's—not at all like a Rockefeller Center's.

The Kansas City Museum harbors another tradition. Beginning two years ago, the Christmas Fairy Princess was resurrected. This gossamer

Norman Rockwell's homey touch cheers up Crown Center's huge skating rink.

vision was first created in the depths of the Depression; she reigned from Kline's Department Store, where she sat with wand in hand, gently and patiently listening to children who whispered their grandest Christmas schemes to her. With a flourish of the wand, and sometimes buzzers hidden under each slipper, she alerted concealed employees to the needs of boys and girls, who stood agape as the parcels slid down a chute or popped out of a magic tree. In 1970 Kline's closed its doors, but the tradition has new life.

Corny? You bet. So was Walt Disney, who started in a Kansas City garage and left town not long before the plaza was first electrified, 1925. Did he take with him those castles in Spain?

From Kansas City to You

A stressed-out executive examines his options a short time before Christmas. Only a commercial illustrator, he decides, can possibly deliver Christmas messages on time to his network of friends and associates.

Unfortunately, Hallmark Cards of Kansas City is not available. Kansas City doesn't even exist. The executive is Henry Cole of London, England, and the year is 1843. Soon Cole has coined the phrase "Merry Christmas and a Happy New Year to You" and included it on 1,000 lithographs of a middle-class Christmas feast.

More than a half-century later, a young Kansas City entrepreneur espied a potential market in the penny-postcard industry that popularized Cole's innovation. Joyce C. Hall decided that upscale greeting cards mailed in envelopes would outsell the inexpensive German postcards popular at the time. A burgeoning new business sprang up in Kansas City. By the 1920s, Hall's products were fast becoming familiar visitors at everyone's doorstep—especially at Christmas.

Today the firm (renamed Hallmark in the 1950s) keeps hundreds of artists in perpetual contemplation of the holiday season, even as tornado warnings, searing heat, and fall foliage swirl about the vast corporate holdings in and about Kansas City. Hallmark shares little of its Christmas cheer with competitors: nearly half the 2.2 billion Christmas cards bought this season will come from Hallmark drawing boards. In fact, some competitors have said—in court—that Hallmark is the grinch that's trying to take over the whole card industry.

Regardless, the world's largest design agency is a true Santa Claus when it comes to employee care and feeding. Hallmark is consistently voted one of the best companies in the country to work for—and there's never been a layoff at Crown Center.

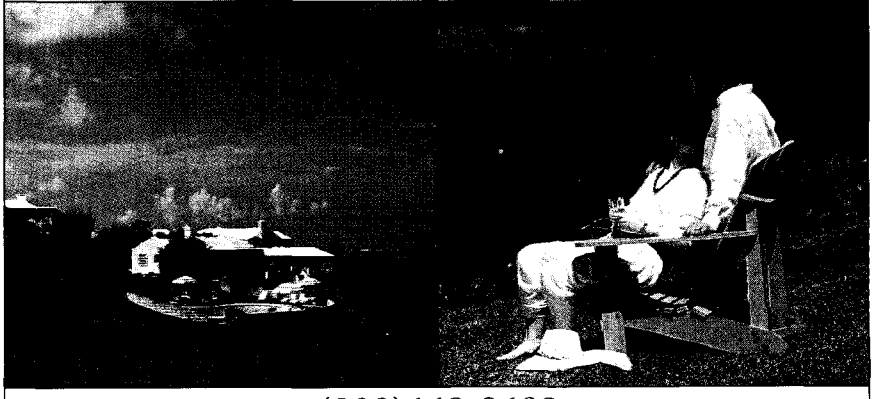
Papa Bear tried wintering in the Carribean;
But in was TOO HOT!
Mama Bear tried wintering in the Mountains
But it was TOO COLD!
Baby Bear spent the winter at the
ClearView in Bermuda
And it was JUST RIGHT!

ClearView SUITES & VILLAS

FAIRYTALES DO COME TRUE!

Your heart's desire!

Spacious sunny suites with ocean views. Private and peaceful. Intimate and homey. An ideal setting for rest and relaxation. Daily maid service, two pools, tennis court. Convenient transportation.



(800)468-9600
Sandy Lane, Hamilton Parish, Bermuda CR 02, Tel: (809)293-0484

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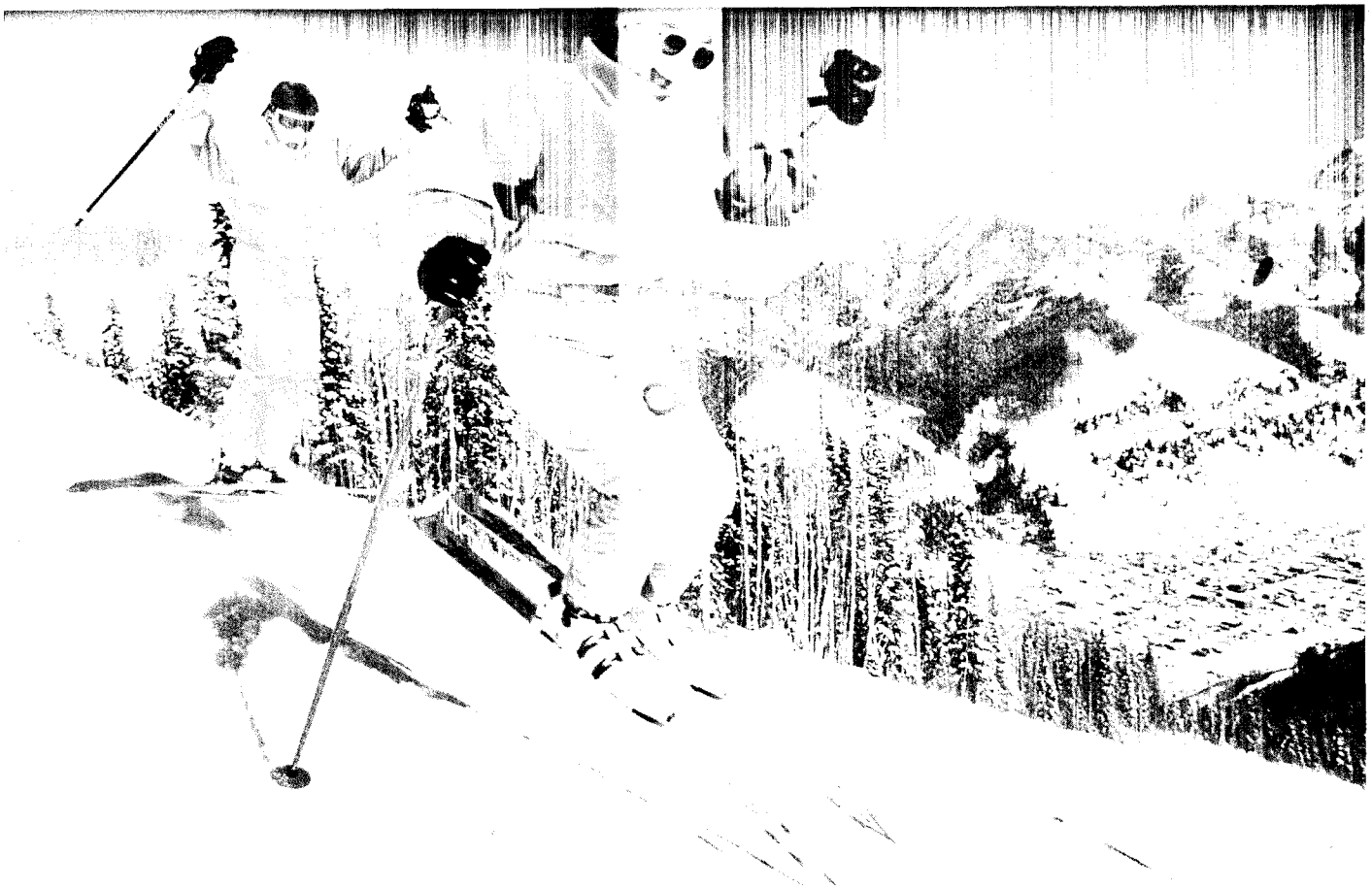

Southwest Skiing: Lodes of Fun

Gold miners, gold diggers, and gold medalists are scarce—creating a golden opportunity for everyday people who shop for the right resort.

By Dale Chaney

The West is full of famous ski resorts—and many not so famous, which *also* have mountaintop views that stretch into neighboring states, snowfall that measures in hundreds of inches, and some of the best skiing in the continental United States.

But these lesser-known resorts stress their suitability for beginner and intermediate skiers and families: first-rate ski schools (some with a special emphasis on women or children); nonski activities that include spectator downhill racing, snow-sculpting contests, and torchlight parades; uncrowded conditions (save for the peak holiday seasons); an absence of ski freaks; and reasonable, if not bargain, rates.

Yet each has its own character: quiet fireside evenings, world-class restaurants, adobe buildings cloaked in pristine snow, or Victorian remnants of gold-mining towns. Their seasons range from Thanksgiving into April, a timetable with opportunity for all.

• • •

Telluride Ski Area: Trying to overcome an image problem as a preserve for the rich and expert, Telluride has made some changes, and now "you won't recognize Telluride today if you saw it five years ago," says the resort's Johnnie Stevens. "It was pretty rugged going back then." Now, he says, three-fourths of the 47 trails are dedicated to beginner and intermediate skiers, and six lifts have been built or relocated to come right into the ski village. Four times a year, Telluride's ski school holds Women's Week, designed for and taught by women. January visitors can see some of the best athletes in the country compete in the Men's Pro Ski Tour, and later in the month there's the annual Governor's Cup race, which attracts the likes of Daryl Hannah and Dennis Weaver.

Telluride is served by its own regional airport, five miles away, and Montrose Airport, 65 miles north, a commercial-jet facility.

Phone: 303-728-3856

Brian Head (Cedar City, Utah): A snowball's throw from Cedar Breaks

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National Monument in southwestern Utah, 25-year-old Brian Head bills itself unabashedly as a family ski resort. "Our most advanced run is really an upper intermediate compared to Snowbird or Vail or Steamboat," says Darren Hatch, business manager. "We like to think of it as 'no pain' skiing." But that doesn't mean the stay has to be a bore. You can take a four-hour drive to the north rim of the Grand Canyon or make it in less than two hours to Zion or Bryce national parks (barring extremely heavy snow). Cross-country tours of Cedar Breaks are available. At the new coin-operated course, four quarters enable weekend skiers to learn how they stack up against the national averages for age and skill level.

Phone: 801-677-2035

Santa Fe Ski Area (Santa Fe, New Mexico): Santa Fe is dedicated to "quality skiing without the ski-town environment or the hard-core skier." Translation: you have to commute from Santa Fe 16 miles into the Sangre de Cristo Mountains for Santa Fe's predominantly intermediate skiing. Most of Santa Fe's destination skiers spend a couple of days checking out the sights back in the base city. The intermediate trails, wide and easy, are clear of trees and allow lots of turns. At "Chipmunk Corner," the children's ski school, Santa Fe takes children as young as three. It's a real ski school for young children—"not a babysitting program," a staffer stresses—with instructors who specialize in teaching children. Santa Fe's winter festival, February 22-25, includes amateur ski races, fun races for children, a snow-sculpture contest, and gallery and museum tours in Santa Fe. The USA Express Jimmie Heuga multiple sclerosis charity event and the March of Dimes Celebrity Ski Classic bring in the likes of TV's Alan Thicke and singer Marilyn McCoo. If you're crowd shy, the best time is after the Christmas-New Year holidays.

Phone: 505-983-9155

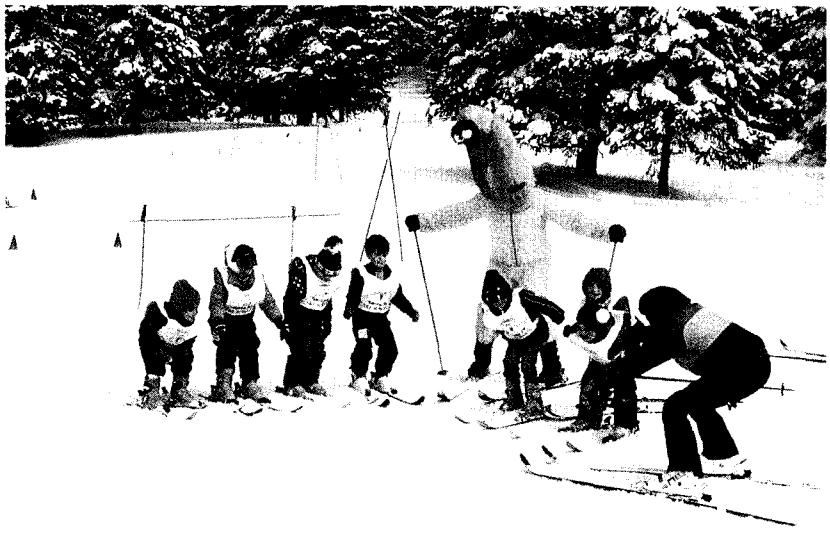
Crested Butte Mountain Resort (Mount Crested Butte, Colorado): Crested Butte takes some special effort to get to—either a flight out of Denver to the Gunnison airport, 28 miles away, or a long drive over some difficult roads. You'll spend the night, like it or not. Few skiers, however, express regret over the situation. Mount Crested Butte, the ski resort, and its namesake, the Victorian-era mining village of Crested Butte three miles down the road, occupy some of the most picturesque land in the Rockies and rank high among ski hot spots for dining, atmosphere, and luxurious accommodations. Yet "we are not a good resort for young singles," says Ed Callaway, the resort's president. "The bar scene is not a real wild party. Unlike, that is, the skiing. If you're a great skier, fine. We have some real fire-breathing stuff for you," Callaway says. "It's so steep we can't get a machine on it to groom it." But about 80 percent of the mountain is for beginner and intermediate skiers. Crested Butte claims to have the biggest and most aggressive ski-free program in the United States. First-timers get free lift tickets, ski rentals, and lessons from November 27 to December 15. And with limited exceptions children under 12 ski free if an adult buys a ticket. Show up in late February for the vicarious thrill of the Subaru U.S. Alpine Championships, which bring the best downhill racers in the country schussing past your ruby-red nose.

Phone: 303-349-2333

Red River Ski Area (Red River, New Mexico): Such trail names as Cowpoke's Cruise and Gold Rush Hill marry this ski area, 170 miles north of Albuquerque, to the Old West. Almost everything is within walking distance of the main chairlift, which comes right into the old mining town. "Buckaroo Bob," a giant cowboy mannequin, watches over a children's area; the day-care operation, "Buckaroo Babies," takes children from six months to six years. Nearly three-fourths of Red River's 40 trails are beginner or intermediate, and it has the shortest, lowest, slowest, and "unscariest" chairlift in the Rocky Mountains. About 440 feet long, and rising 32 feet from bottom to top, it takes the fright out of that first chairlift ride.

The famous resort of Taos is an easy 37-mile drive south of Red River.

Phone: 505-754-2223



(Above) Santa Fe Ski Area's instructors don't kid around at "Chipmunk Corner," where children as young as three receive instruction from experts. (Below) To attract casual or first-time skiers, many Western ski resorts are emphasizing pageantry, festivals, instruction, spectator events, and lifestyle.

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LACTAID: FIRST AID FOR MANY

"I want to thank you for letting me enjoy a bowl of cereal after a forced abstinence of some ten or more years."

Thus begins one of the many exuberant letters to Lactaid Inc., from a former sufferer of "lactose intolerance," a discomfort known only too well by as many as 30 million victims in the United States. These people—from teenagers, for whom the problem is not uncommon, to those aged 50 and over, for whom it is most common—cannot enjoy the benefits of milk and other dairy products without the distress of gas, bowel distention, cramps, or diarrhea.

The problem is this: The largest single nutrient in milk is a complex natural sugar, lactose. In order to digest lactose, the body must produce an enzyme called lactase, which breaks down the lactose so it can be absorbed through the intestinal wall. Unfortunately for the 30 million sufferers, their bodies don't produce enough of this vital enzyme.

The obvious solution is to avoid drinking milk and eating dairy products. The snag here is that milk and dairy products provide 70 to 75 percent of the American dietary-calcium supply. And elimination of these calcium-rich foods can cause severe health complications. Osteoporosis and hypertension researchers contend that the daily diet should include 1,200 to 1,500 mg of calcium; just one quart of milk can supply 1,200 mg.

Moreover, medical professionals recommend that, when possible, calcium come from such natural food sources as milk.

This is where Lactaid comes in.

Lactaid provides the lactase enzyme for those bodies that can't produce it. In caplets or drops, this food (it is not a drug and has no lasting effects) splits the lactose into digestible sugars. These sugars can then be easily absorbed through the intestinal wall.

Does it work? We could probably fill the pages of this magazine with letters that in essence exclaim: "And how!"

As these former victims of the problem have discovered, Lactaid Caplets are convenient to take before drinking milk or eating lactose-containing foods in a restaurant

Lactaid has brought milk back into my life. Have you ever eaten chocolate chip cookies with anything other than milk?

If you do have a sampling program for physicians, please let me know. I could use samples for my own patients and would love to spread the word amongst my colleagues in primary care medicine.

Roger Stuart Brown, M.D.
Rancho Palos Verdes, California

I'm writing to you because of my granddaughter. Her birthday is tomorrow. She'll be seven years old, and for the first time in her entire life she's had a normal bowel movement, thanks to the fact that our druggist was late with my prescription. I sat to wait, and I saw a pamphlet about Lactaid and read all of her symptoms. Our family doctor said keep her away from dairy products. Do you know how hard that is? Especially a child. She's been bloated and had diarrhea all of her life. Until now.

She's been on Lactaid tablets 1½ weeks, and I still can't believe it's true. I'm thankful we found Lactaid. All of this is over, because of a pill we can buy over the counter to help this baby live a normal life.

Charlene Worley
North Highlands, California

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I have just become acquainted with Lactaid. It truly is a marvelous product.

I had all the symptoms you describe. I happened to mention the symptoms to my cousin, and he recommended Lactaid. He and other members have been taking it for a while. For the past month I have been taking it . . . and I feel fine!

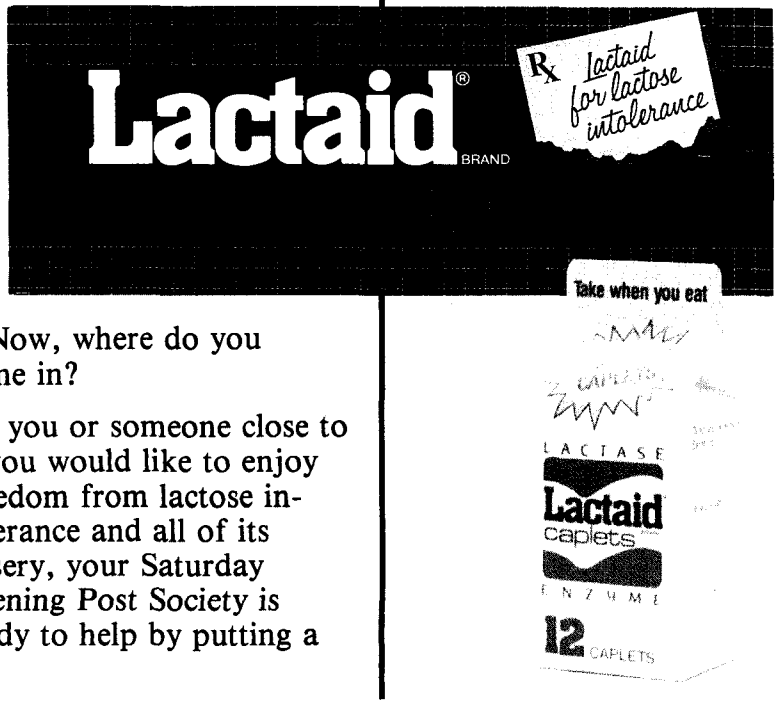
Bernice Halpern
Philadelphia, Pennsylvania

Hurrah! I have been thinking of a way to let everyone know about Lactaid, it is so great!

I developed the problem of lactose intolerance in my late 30s and am now 63. In 1986 I had a very serious surgery, and the dietitian at the hospital introduced me to Lactaid. So you see how long a time it was I could not drink milk.

Verna Schwalbach
Appleton, Wisconsin

or at home.
They can be used in reconstituted dry milk, canned milk, baby formula, diet formula, and cream. Lactaid milk, slightly sweeter due to the conversion of lactose, can be used the same as regular milk in cooking, baking, or making yogurt or ice cream. The addition of Lactaid Drops to milk can provide further conversion up to 99-plus percent at home.



Now, where do you come in?

If you or someone close to you would like to enjoy freedom from lactose intolerance and all of its misery, your Saturday Evening Post Society is ready to help by putting a supply of Lactaid products where your mouth is. For your contribution in any amount, to keep the Saturday Evening Post Society on the trail in its preventive-medicine sleuthing, a Patient Starter Kit will be sent on its way to you. This kit includes 12 Lactaid Caplets, a four-quart sample of Lactaid Drops, and consumer literature.

Your equally generous gift will help keep our many wheels of "disease intolerance" turning here at the *Post*. And should you, after seeing the relief these caplets or drops bring, feel like contributing still more, you will find your Society most accommodating. It goes without saying—but we'll say it—our Mammobile, Momma Mobile, and Children's Health Mobile cannot run on compassion alone.

The coupon below is awaiting your reply. And many sufferers of many diseases are thanking you in advance.

The Saturday Evening Post Society
P.O. Box 567
Indianapolis, IN • 46206

Yes, I want to try Lactaid. Please send the Lactaid Starter Kit including 12 caplets and milk drops. My donation to medical education and research for:

☐ Colitis Club ☐ Cancer prevention

My donation: $5____ $10____ $15____
Other ____

☐My check or money order is enclosed.

Charge to: ☐ VISA ☐ MasterCard

Card no._____

Exp. date_____

Signature_____

Name_____

Address_____

City_____

State_____ Zip_____

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Pick A Winner

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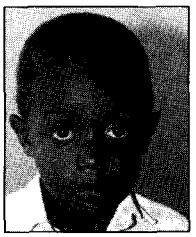
Indonesia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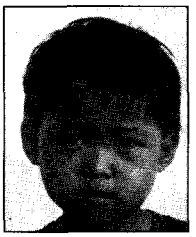
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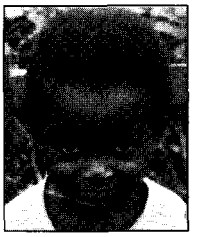
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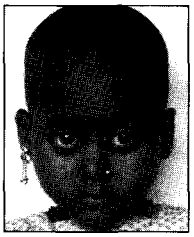
BIBI, Khodeza
Bangladesh

SOTO C., Alexis J.
Chile

KHATUN, Fatema
Bangladesh

BERNABE FERNANDEZ, Felicita
Peru

All these children are winners—infinitely valuable—priceless.

But some are losing out in life—fighting just to stay alive, without much hope. But you can help a child like one of these by becoming a World Vision Child Sponsor today.

For only $20 a month, you can give a needy child such things as food, clothing, medical care, an education, community aid—and most important of all, the chance to learn of God's love.

For more than 38 years, tens of thousands of concerned people have sponsored a child through World Vision—helping one boy or girl win the battle against hunger, disease, ignorance and despair.

And when you join this caring team, you'll discover a marvelous secret: you'll feel like a winner, too!

To become a World Vision Child Sponsor, just complete and mail the coupon today.

Please don't delay. Pick a winner—and be a winner!

WORLD VISION

World Vision is a Christian relief and development organization helping the poor in the name of Christ in over 80 countries throughout the world.

Pick A Winner Now.

☐ YES! I want to sponsor a child. Send my child's photo and personal information. I understand I'll have ten days to send my first $20 pledge gift, or return the information packet so someone else can help.

☐ I prefer to sponsor a ☐ boy ☐ girl living in: ☐ Africa ☐ Asia ☐ Latin America ☐ where needed most. AB9 KU9

☐ Enclosed is my first sponsorship payment of $20. Send my child's photo and personal information right away. 1700

☐ I can't sponsor a child right now, but here's a special gift of $_____ to help.

Name

Address

City State Zip

WORLD VISION
Childcare Sponsorship
Pasadena, CA 91131

Please make your check payable to World Vision. Your sponsorship payments are tax deductible.

ECFA

Welcome to the Bushes'

continued from page 44

already spent the night—in a rented king-size bed for which Mrs. Bush herself brought in the sheets, according to the furniture-store owner who supplied it.

Mitterrand and his wife came to visit the Bushes in May on their way to Boston, where honorary degrees awaited both Mitterrand and Bush at Boston University.

Walker's Point guests can expect a rigorous workout. Mitterrand, not usually identified with informality or sports, nonetheless brought along his corduroys, plaid shirt, and hiking boots for a walk with his host in the mosquito- and black-fly-infested woods nearby.

However, when Bush invited him to take a spin in his high-speed Cigarette boat, Mitterrand, who gets seasick, declined the ride and headed indoors for a rest.

Musical Medicine

continued from page 64

the nation demanded to hear the same tunes over and over again. As fascinating as it was for him to play in that band, Doc Severinsen felt confined. His first love was jazz, and there certainly was no room for that in the Dorsey tradition.

Severinsen's stay with Dorsey was short. After about a year he answered the call to play for the NBC staff orchestra in Manhattan. That meant he could stay in one place instead of hopping around the country for concerts. Doc remained with NBC and earned a national reputation as one of the most respected jazz trumpeters. In 1961 he recorded his first of many albums.

When Johnny Carson began hosting "The Tonight Show" in 1962, Doc was hired for the orchestra, which was led then by the pianist Skitch Henderson. Five years later, Severinsen took the baton and became the permanent conductor of the orchestra.

Working as long as Doc worked on "Tonight" has its rewards, although it's not always easy. "Even after 25 years you can't take the day for granted," Severinsen says. "Johnny attends to every detail. His memory is unbelievable. He arrives to work early each day and inspires you to

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stay on your toes."

Severinsen, who earns a hefty salary as leader of the "Tonight" orchestra, spends about four hours each night rehearsing for and taping the show. "Even though we're not featured all the time," he says, "we have to be ready to come up with something in a minute if the show is a little short and we need a band piece to fill in."

Severinsen's popularity on television and stage used to invite some negative criticism from more serious classical musicians he has admired. But over the years he has won their respect. "I think the positive reaction from the players comes after they hear me play," he says. "As soon as they know I'm serious about music, and I'm giving it my best shot, there's usually a good feeling between us."

Severinsen's discipline for music carries over into other areas as well. Many people don't know that he is a reformed alcoholic. "And I don't mind letting that be told, either," Severinsen insists. "I feel I have been able to help others by acknowledging my problem." He is also a proponent of physical fitness. He and his wife, Emily Marshall, a TV producer-writer, start their days early—at 6 a.m.—running or bike riding, then lifting weights. He's an accomplished chef; Italian cooking is his specialty. In addition to these credentials, he was three times voted one of America's ten best-dressed men. Emily claims, "His side of the closet has more sequins than mine."

"I still breed some horses on my daughter's farm in Oklahoma," he says. "I intend to run a horse in the Kentucky Derby one day."

This is not to imply that Severinsen's life is without frustration. Because he injured his back about a year ago, he no longer runs three miles each day, although he has his sights set on next spring, when he and Emily plan to run in the Jimmy Stewart Relay Marathon.

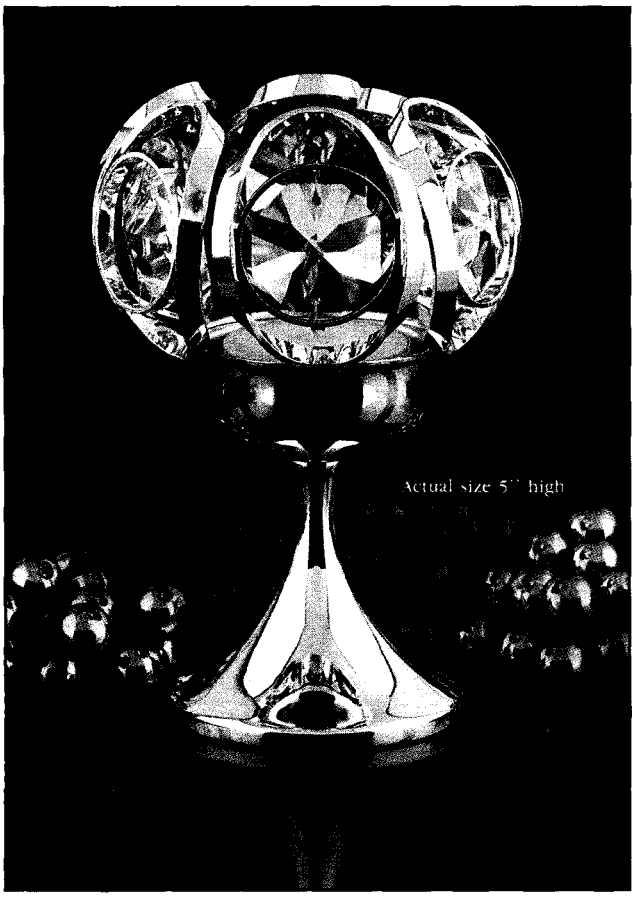
Meanwhile, one of Severinsen's modern-day crusades is to make it possible for this generation to hear the swinging sounds of the '40s. Some of these bands still tour the country, but the famous bandleaders are no longer around. "Count Basie, Duke Ellington, Benny Goodman, Harry James, Woody Herman—we've lost them all," he says. "It's up to people such as myself to keep the bands alive. I think a lot of people out there still want to hear Big Band music."

The success of the two albums of the "Tonight Show" band for Amherst Records that feature the big band sound underscores his feeling. Both releases won Grammy awards in 1987 and 1988.

Today, Doc Severinsen spends about 12 weeks each year on the road in solo appearances and as a guest conductor. He has recently directed the Chicago and St. Louis symphonies. He's the resident conductor for the Phoenix Pops, and he appears often with Facets, his own small jazz band formed in 1981.

Severinsen certainly doesn't need the extra money, and his TV appearances and albums bring him all the acclaim anyone would ever need. So why does he spend so many weekends on the road when he could be relaxing at his beautiful Spanish-style home in Hollywood Hills with his wife and his family?

"I'm a musician," Doc says. "That's what I'm supposed to do."



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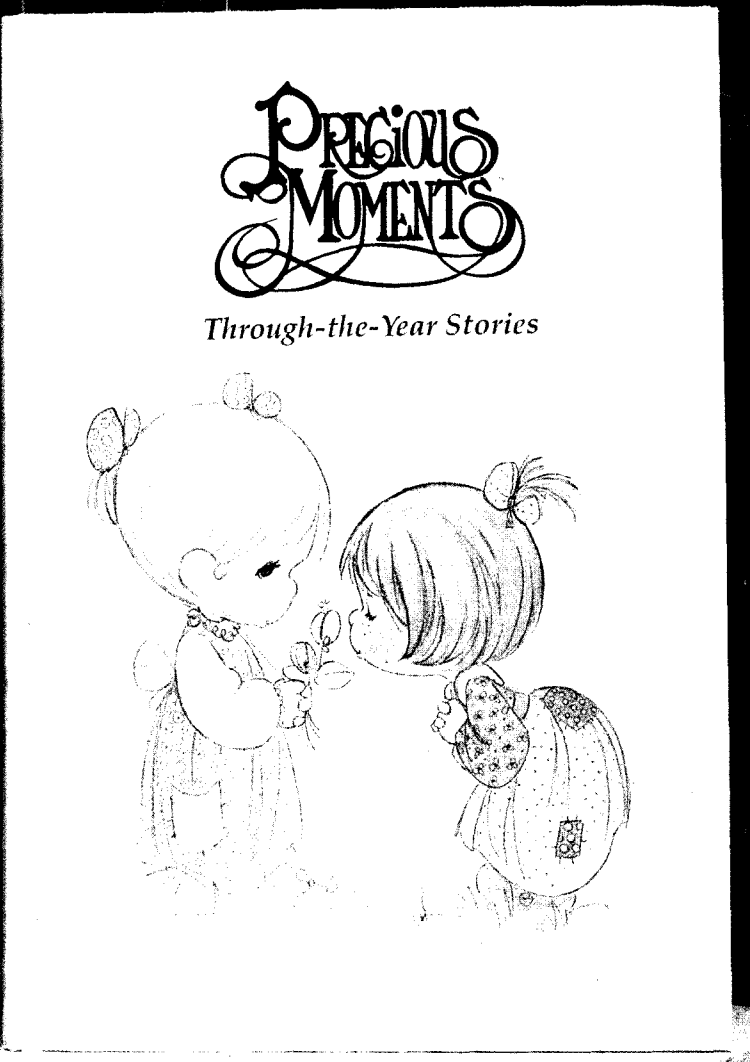

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MEDICAL MAILBOX
by Cory SerVaas M.D.

A man is as old as his arteries.—*Thomas Sydenham*

ALS a Challenge

Dear Dr. SerVaas:

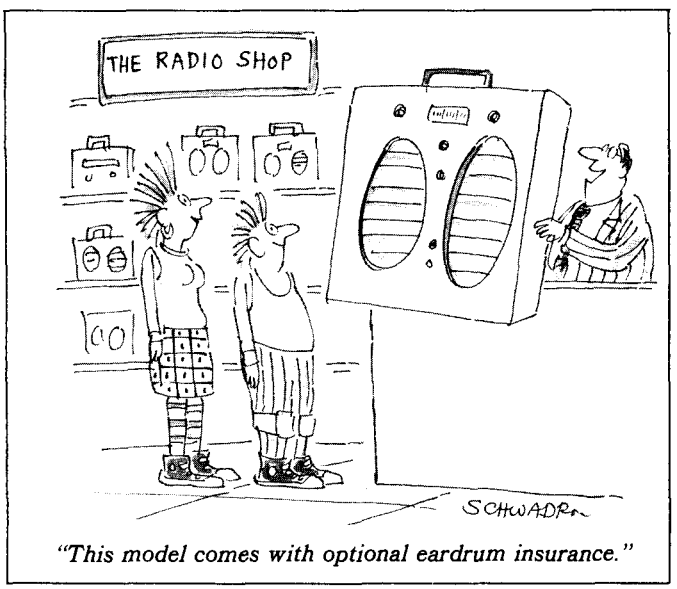
I read with interest the letter in the September issue of your magazine regarding "Lou Gehrig's disease." I am one of the people crusading to stop calling it that. It is, as you pointed out, amyotrophic lateral sclerosis, or ALS for short. Mr. Gehrig was only one of many well-known people to succumb to this disease, among them Charlie Mingus, the bass player; Jacob Javits, the senator from New York; and most recently, the actor David Niven.

David Niven, an ALS victim, became unable to speak his lines clearly in his last film—another's voice was dubbed in.

My husband died of this debilitating disease several years ago, and I had never heard of it until he was diagnosed with it. He, too, was a musician (his first love), an artist, and an architect by profession. After he became ill, I decided to find out everything I could about this disease—there was nothing and no hope. I watched him die by inches for seven to eight months and become more helpless each day. Eventually, he passed away in his sleep with pneumonia (the lungs also being a muscle, I was told).

Anyway, I found out it was diagnosed in the 17th century in France and called Charcot-Marie-Tooth disease for the doctors who first diagnosed it. Science has been trying ever since to determine its cause. We tried everything, including snake venom (which proved useless) and a wide variety of modern treatments. So far, the best that has been done is the Muscular Dystrophy Association's program (sponsored by Jerry Lewis' yearly telethon). They have added ALS to their list of some 40-plus muscular diseases. Some of the treatment advanced has been effective, but as yet, there is no cure. Personally, I think they never will find one—if they haven't found anything in three centuries, they never will!

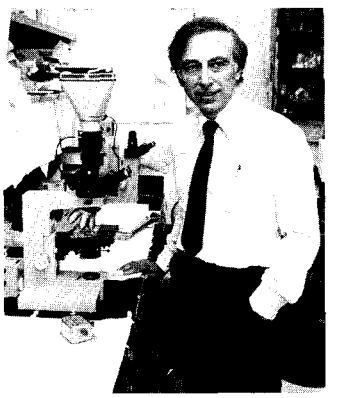
Peggy Holiday
New Orleans, Louisiana



"This model comes with optional eardrum insurance."

You are quite right in pointing out that the "Lou Gehrig's disease" moniker is only slightly less confusing than the old French label of "Charcot-Marie-Tooth" disease, honoring the three doctors who first identified it.

With so many new diseases now being discovered, the medical profession is trying to get away from pinning on the nametag of their famous discoverers or of the first person to have suffered the disease.



Dr. Robert Gallo: debonair as Niven, he just might find the cause of ALS, if it's a virus.

Among the advantages of associating a disease with a celebrity, however, is that it sometimes attracts more public attention, research money, and government-sponsored publicity.

I can appreciate how frustrating it must be in waiting for answers as to what caused your husband's ALS. But be patient. If only you could have heard the speech delivered by Dr. Robert Gallo, of the NIH, in Washington, D.C., recently. He spoke about HTLV-I, a slow-developing virus transmitted in much the same manner as AIDS. It causes tropical spastic paraparesis (TSP), a *muscular dystrophy-type* disease. Dr. Gallo identified the virus that causes it—prevention and cure for TSP can now be hoped for. Because we don't yet know what causes muscular dystrophy or ALS, there is no known prevention or cure. But there is

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The motion of standing strains bladder muscles.

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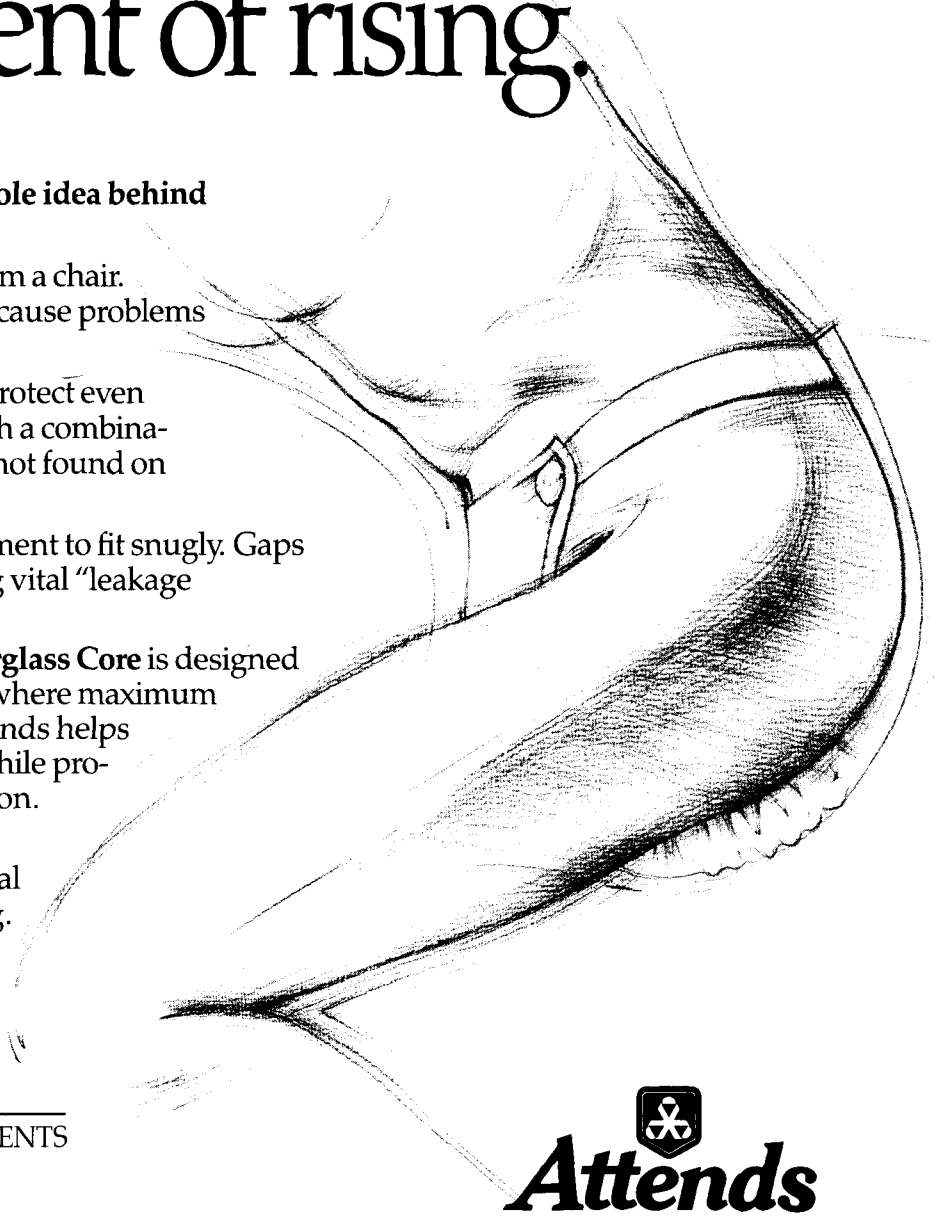

ATTENDS BRIEFS AND UNDERGARMENTS

Attends

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hope for the future. I believe that when Dr. Gallo finally is able to establish the national virus lab he envisions, he will then close in on many of the 40-plus muscular diseases you mention.

"Chinese Restaurant Syndrome"

Dear Dr. SerVaas:

Monosodium glutamate. Is this additive really that necessary? I am finding it in more and more frozen foods, box mixes, now even in canned foods. These I can avoid—but a problem arises in dining out.

Nothing precipitates migraine headaches more—and I am surely not the only sufferer.

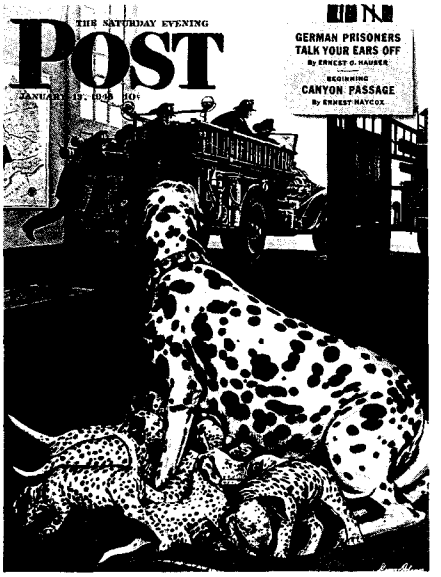
Mary Jensen
Minden, Nebraska

Monosodium glutamate (MSG) has a primary function in foods as a flavor enhancer. It may not be necessary or valuable nutritionally, but it makes things taste better. Ask any Chinese restaurateur.

MSG has been approved as a safe additive by both the U.S. government (Code of Federal Regulations, Title 21, part 182) and the World Health Organization. It is a natural form of glutamic acid derived by fermentation of such foods as sugar beets, sugar cane, wheat, or tapioca, which are rich in carbohydrates. It is a white, practically odorless powder.

The complaint you describe (migraine headaches) has been called part of the "Chinese restaurant syndrome," which includes such symptoms as headache; tight feelings about the face, neck, and chest; giddiness; and diarrhea. Other symptoms attributed to sensitivity to MSG include numbness, palpitations, generalized weakness, tearing, and sweating. Some researchers believe it may precipitate asthma attacks, but other researchers have not been able to replicate the asthma symptoms.

The number of individuals suffering from MSG sensitivity is not known. However, if you or others suffer such a reaction, we urge you to ask the restaurants in which you eat to omit it from any food you order. If they are unable to do so, order something else. Reading labels of prepared foods is always a wise decision.



When this monosodium glutamate ad appeared on the back cover of a 1945 *SatEvePost*, even the Chinese hadn't heard of the "Chinese restaurant syndrome."

R.N. Wants to Help

Dear Dr. SerVaas:

The most important thing that Jean Howells, Pittsburgh, Pennsylvania, can do she has done. [See "Medical Mailbox" in the September '89 *Post*.] She has reached out to seek help for her friend.

I am a registered nurse who was diagnosed with ALS [amyotrophic lateral sclerosis] on February 2, 1988. There is so much that I want to write, but I realize space is limited.

I hope by now her friend has seen a neurologist at a teaching hospital. They will be the first to know if there are any breakthroughs. They know the latest treatments. I am fortunate to have an excellent doctor in Boston. He has anticipated every need.

ALS is really a form of muscular dystrophy. It's too late to tell her to watch the muscular dystrophy telethon, but it's not too late to help "Jerry's kids" (Jerry Lewis).

The address for ALS is: ALS Association, 21021 Ventura Blvd., Suite 321, Woodland Hills, CA 91364. There are branches all over the country now, but I don't have their addresses.

My illness started in my throat. It has affected my speech and swallowing. In June, I had a gastric tube inserted, so I'm able to feed myself with a syringe.

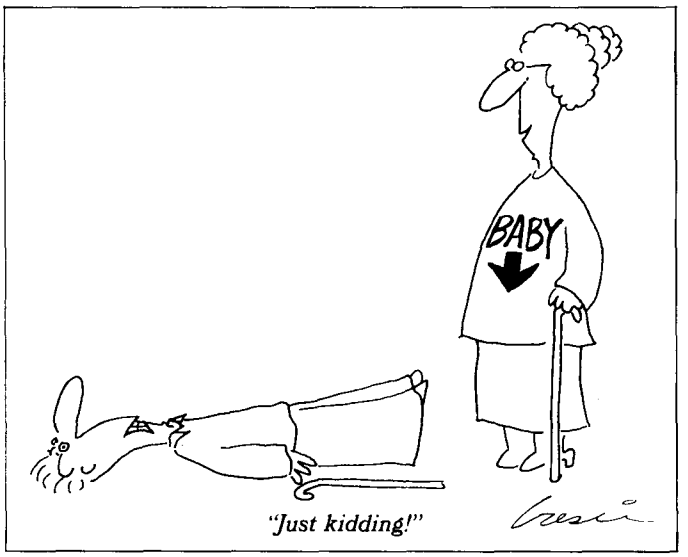
We purchased an Epson Real Voice Computer. I wanted to be able to communicate with my grandchildren. Several are too young to read.

Shortly after the diagnosis of my amyotrophic lateral sclerosis, I saw a speech therapist who kept me talking longer than I would have been able to speak. It helped my breathing too.

There is so much that I want to tell Jean Howells. Please give her my address if she requests it.

I became a registered nurse because I wanted to help people. I'm no longer able to do that, but maybe there is a different way.

Helen McKendry
19 W. Pine St.
Plaistow, New Hampshire 03865



"Just kidding!"

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Read and follow label directions. If pain persists for more than ten days, consult a physician immediately.

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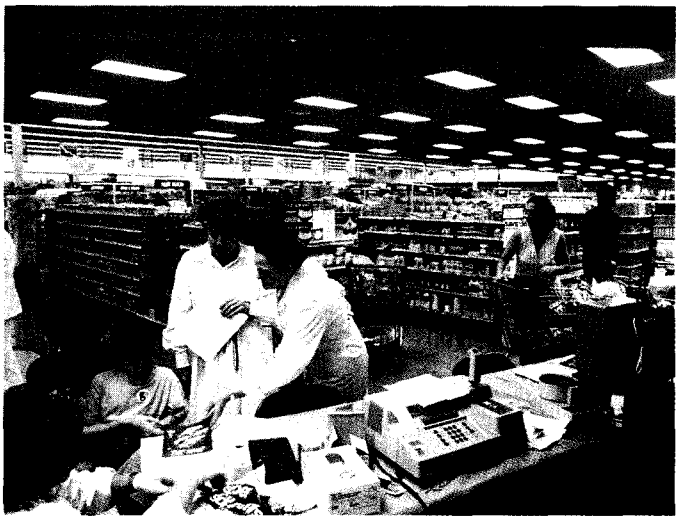
Diabetes—Know the Symptoms

Nearly half of the nation's estimated 12 million diabetics do not know they have the disease. Diabetes can occur at any age but is more often serious when it begins in childhood. Yet many children go undiagnosed until serious damage has been done.

Diabetes can often be suspected through several easily spotted clues. Excessive thirst, even to the point of drinking water from flower vases, is perhaps the most obvious clue that a child may be diabetic. Weight loss, in spite of a healthy appetite, is another clue. A frequent need to urinate day and night is another, as is inexplicable fatigue.



A *Jack and Jill* health magazine is the reward for having one's finger stuck while "Krogering."

"Yes, I guess you could say it's one of those 'female things.' She's pregnant."

Parents and children can view cholesterol and diabetes videotapes at the testing booth while waiting for their test results.

These clues are more obvious in classroom situations, where the child may be under a teacher's observation for six hours or more at a stretch, but during the summer months they are less likely to be noticed.

The Children's Better Health Institute has begun screening for unsuspected high blood-glucose levels in children. Our interest came about when a local Juvenile Diabetes Foundation group of volunteers had a booth for such screening in a city where we were doing cholesterol screening for children. The children weren't fazed by the rather painless test, which requires less than a drop of blood on a test strip.

We encourage group screenings in schools and churches. If you're interested in starting one in your community, write

This child never stopped eating during a painless finger stick.

The Health Mobile heads home after a busy day at a supermarket. Interested groups may rent the health videotapes.

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our Society for a list of diabetes-supply houses where testing equipment can be obtained in large quantities at reasonable prices.

If the blood-glucose tests are too expensive for your organization, the urine strips can also identify a child who is "spilling" sugar in his urine. If the urine test is positive, the child can then be given the glucose test. This rough screening can be followed by the blood-glucose test.

Citracal Prevents Bloating

Dear Dr. SerVaas:

I have switched my calcium supplement from calcium carbonate to Citracal on the basis of the ads in *The Saturday Evening Post*. I have had osteoporosis since my 40s. I am now 68. I exercise regularly and use estrogen. But when I read of an easy test to determine the absorption of calcium by the body—namely how well it dissolves in the stomach—I dropped a Citracal into warm vinegar, and several hours later it still had not dissolved. A calcium carbonate supplement dissolves in seconds. The vinegar solution was supposed to approximate stomach acids.

Calcium carbonate causes much bloating for me, and I would really like assurance that I can use Citracal with confidence.

Priscilla Boyan
Santa Barbara, California

Yes, you can use Citracal with confidence, according to Dr. Charles Pak of the University of Texas. Citracal, which is calcium citrate, won't cause bloating.

When we tried Citracal in cold vinegar, it dissolved; a calcium carbonate caplet, on the other hand, created a lot of very small bubbles, rose to the surface of the vinegar, and after 24 hours, still hadn't dissolved. We're referring your interesting letter to Dr. Pak.

Preventing AIDS Spread in Poland

Dear Dr. SerVaas:

If available, I should be very obliged if you could send me several copies of *Why Be Tested for the AIDS Antibody?* and other posters on AIDS issued by *The Saturday Evening Post*.

As a head of the Polish Red Cross AIDS Counseling Unit and the PRC Working Group on AIDS, I face numerous material problems which could never be overcome if not for the kind help from U.S.A. and U.K. organizations.

Z. M. Balat, M.D.
Wroclaw, Poland

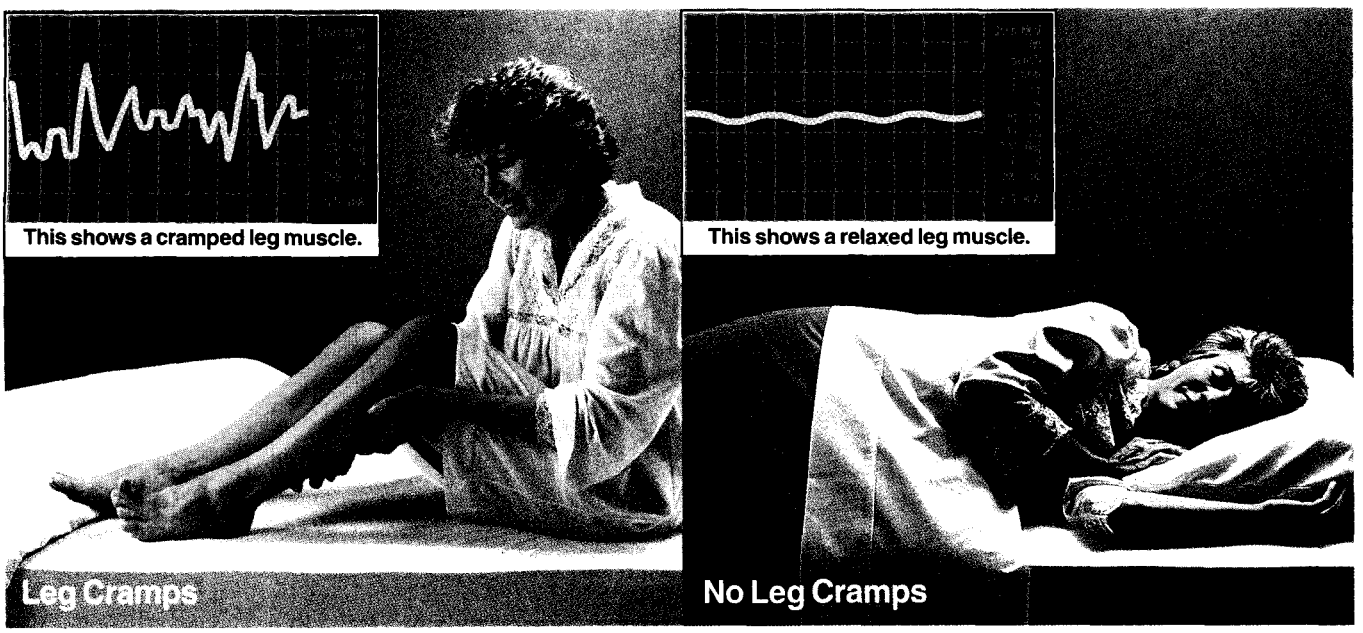
Help for the Lactose Intolerant

Dear Dr. SerVaas:

In answer to a letter in the April issue on a granddaughter's intolerance to lactose:

With the help of a doctor I learned, in the '70s, that whipping cream and butter cause no lactose problems. They are "fat"! Mixing whipping cream with one-third cup water (distilled) works! Use it in cooking wherever it calls for milk. Use butter quite sparingly. Do not use margarine. One can live on the following foods: old-fashioned rolled oats, small red potatoes (no skin), all the

PREVENT LEG CRAMPS WITH Q-VEL®



You can actually see what a painful leg cramp looks like on an electromyograph. But leg cramps can be prevented with Q-Vel... a muscle relaxant with Vitamin E. Take Q-Vel before bedtime for a good night's sleep... because Q-Vel helps stop nighttime leg cramps before they start.

Helps stop leg cramps before they start.™

With Vitamin E

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vegetables that grow above the ground, such as string beans, zucchini, peas, artichokes, cabbage family, young limas, rice, kidney beans. Also bake or broil all lean meat, poultry, or fish. No gravies or sauces. In salad use lettuce, celery, cucumbers, bell peppers, peas—only use olive oil and vinegar as dressings.

I'm now 75 and have been doing this almost 20 years. I'm feeling fine! It's low cholesterol, too.

Anonymous

Smoke Gets in Your Eyes

Researchers at Johns Hopkins University's Wilmer Eye Institute recently discovered a strong correlation linking the formation of cataracts to cigarette smoking. However, there was hope in their findings as well. They also learned that the rate of cataract formation drops significantly if smokers kick their habit, even if they have been smoking for years.

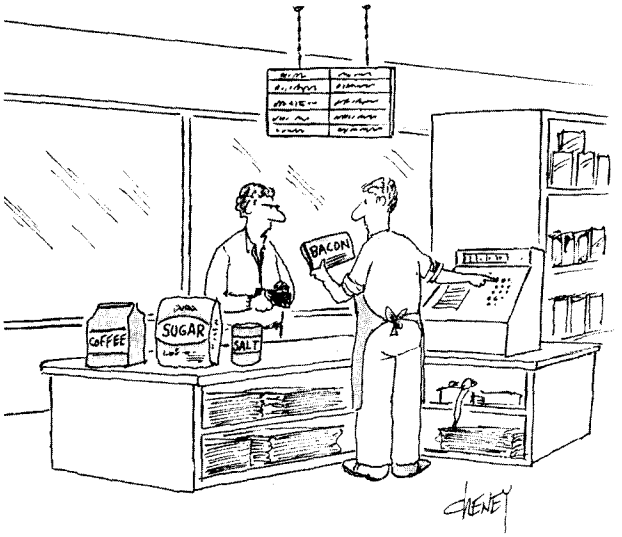
For many years doctors believed that cataracts were an inevitable result of aging and could not be prevented. These latest findings are therefore especially important.

Cataracts form because of changes in the makeup of proteins inside the eye, which result in the clouding of the lens. Nearly everyone over the age of 70 will have begun to develop cataracts, but smokers tend to develop cataracts at an earlier age and have more serious problems than non-smokers.

The study, headed by Wilmer's Dr. Sheila West, examined 838 Maryland fisherman between the ages of 30 and 94. The doctors learned that in the 60-to-70 age group smokers were twice as likely to start developing cataracts before the age of 70 as those who had quit smoking at least ten years before (49 percent vs. 21 percent).

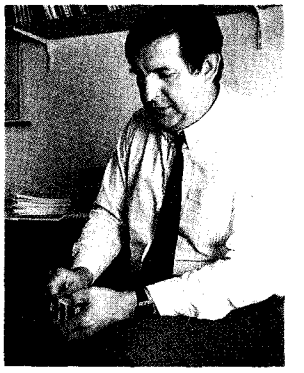
Although it is not known which components of cigarette smoke trigger cataract formation, the data are encouraging because many cataracts might be prevented as people quit smoking.

Cataracts also develop more frequently in diabetics and in persons who work outdoors. Hats and sunglasses provide protection for such persons. Diabetics can reduce their cataract risk by carefully monitoring and controlling their blood sugar levels.



"Not one word!"

You might call Dr. Witold Zatonski the C. Everett Koop of Poland when it comes to fighting cigarettes. While in Warsaw, we found him in his office at the Curie-Sklodowska Institute of Oncology. He proudly produced a supply of Nicorette (nicotine-containing gum), which can be purchased in Poland without a prescription.



One of the most exciting Polish research projects we learned about was Dr. Zatonski's preliminary optimistic results in finding that tannin in ordinary tea may help to prevent pancreatic cancer. If further tests confirm his hypothesis, he hopes tannin may have an effect on other cancers as well. Hania Wojtczak (left), of Curtis International in Warsaw, will help research the story for the *Post*.

Dr. Zatonski (above right) was distressed as he showed us a package of cigarettes from a Third World country. It bore no warning label! Concerned epidemiologist that he is, he laments that whole populations of youngsters will become addicted to smoking before they learn of its deadly perils.

Oh My Papaya

Dear Dr. SerVaas:

Recently in the *Post*, I read a couple of articles that I feel I must comment on.

The first one was with regard to the woman who was on a gluten-free diet. My wife had Crohn's disease, which calls for a gluten-free diet and B_{12} shots from time to time. This was accompanied by a bowel resection.

While we were in Hawaii on vacation, we were eating a half a papaya apiece each morning for breakfast with a dash of lemon. One day I was served some nice large cinnamon rolls. My wife was of the opinion that she knew what was going to happen but she was going to eat one anyway, which she did. It turns out that the papaya is a

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real serendipity. It has now been three years since that time, and as long as she has papaya three times a week, for all practical purposes, Crohn's disease has disappeared. Neither has she required any B_{12} shots.

The second item was on the person allergic to bee stings. I know that this won't kill the allergy, but it might help otherwise. After being stung, as soon as possible, flip the stinger out with a fingernail or a knife blade and rub the spot with some meat tenderizer. It takes the hurt out and keeps it from swelling. It will only itch a little bit.

Homer D. Henley
Colorado Springs, Colorado

Nailing Down the Answer

Dear Dr. SerVaas:

I am especially grateful for Dr. Arthur Norins' comment in the July/Aug. issue concerning onychoschizia.

For six years I have had thin, peeling nails, particularly on the index and middle fingers. I've tried eating huge amounts of gelatin, used nail strengtheners and cuticle creams, and kept polish on always.

After reading Dr. Norins' words, I took off the polish and was amazed that within a week my nails were growing and no longer peeling. Now, six weeks later, they are in beautiful condition and I must trim them frequently so they don't get too long.

Thank you for such a simple solution to my problem.

Darleen Kruse
Everett, Washington

Breathless over Pregnancy

Dear Dr. SerVaas:

I have been using Afrin everyday for about three years. I have tried to go without it, but my head starts to hurt too bad, and I can't breathe through my nose at all.

Recently, I found out that I am pregnant. My question is, what problems (deformities and abnormalities) can I expect with this baby? Is it safe for me to take Sudafed with an antihistamine? A friend just had a baby, and she was taking that. But the baby looks just fine.

Is there anything else that I could take to try to break the dependency?

Maria Falk
Chicago, Illinois

Ear, nose, and throat physicians see many people who get into trouble by using decongestants longer than they should, thus irritating the vessels in the sinuses. Nasal sprays are for *temporary* use. Otherwise, these sprays can exacerbate nasal congestion by setting up a vicious cycle. The more they are used, the more irritated the sinuses become.

We have searched the literature and can't find any evidence that Afrin or Sudafed have ever harmed a fetus, but we believe pregnant women shouldn't take any over-the-counter drugs without the approval of their physicians. Your OB-GYN physician might want to refer you to an ear, nose, and throat specialist to wean you off the dependency on the decongestant.

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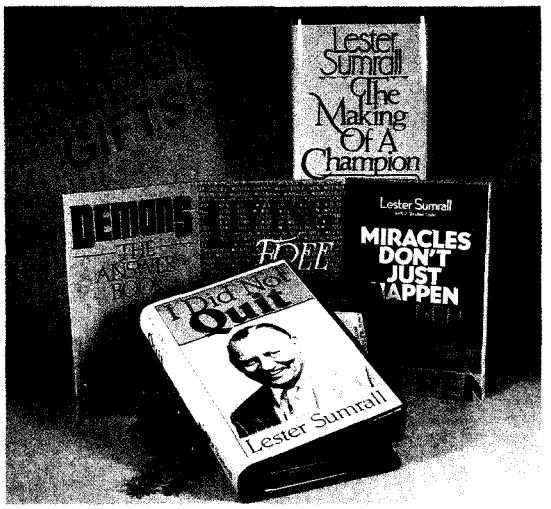

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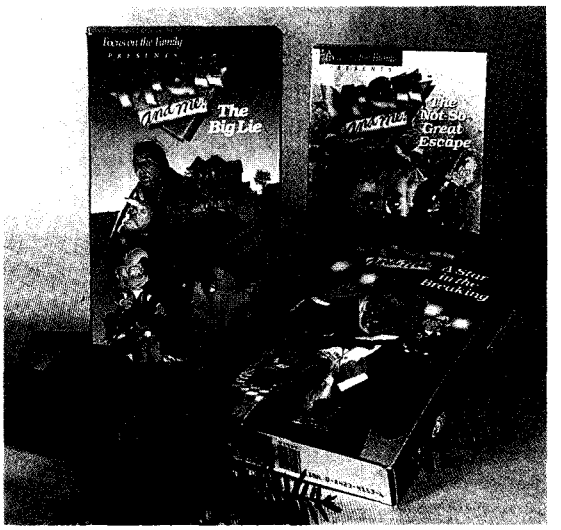

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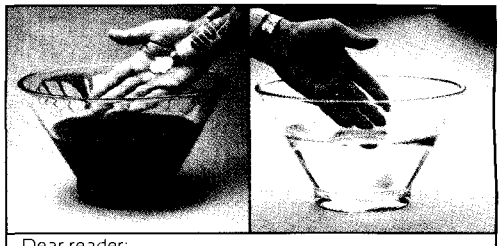

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Piety Corner

continued from page 51

the same for a hundred years or so. "The Night Before Christmas" would be recited and, at the last, a prize for the best poem would be awarded.

Patrick had his heart set on winning the prize. He had added a pretty good line to the first three:

What will Sir do when winter slides over the Catskills, Miss Elder?

and there had stopped again. He knew that the somebody within would write the other lines in time.

After his father and mother had gone to the schoolhouse, Patrick decided to copy his poem over in red ink and make a blue picture of Sir Golden listening to the frog's instructions on what is good for the health. When this was done, he ran out into the Christmas night. He jumped along, kicking the snow, until he was around the cedars.

He heard a man shout. No smoke rose from the blue chimney of the schoolhouse fireplace. Around the smaller white chimney—the one for the furnace—snowflakes shone in a thick crust.

A girl left the others and came toward him. It was Miss Elder. Patrick didn't like the slow way she walked. He knew that Bartley Green, the high-school boy, had a binful of coal for the furnace which he tended. And yet he could see that Jack Frost had been hard at work on all the schoolhouse windows.

He cried, "What's the matter? What's the matter, Miss Elder?" Patrick plunged forward to her outstretched hands.

She bent down and whispered, "Oh, Patrick, he is dead—he and his little wife. The fire went out and nobody noticed until just now."

Patrick looked down awhile at his new overshoes. When he could speak evenly, he said, "It is very un-fort-oon-ate the fire went out."

His father came out of the cellar doorway, his eyes turning toward the chimneys. He said to Miss Elder, "Now you'll be all right. We'll be cozy now." To his son, grave and seeming slightly more than nine years old, he gave a long look that said, "Well, not all perhaps. Well, it's up to you again." The people began to go inside.

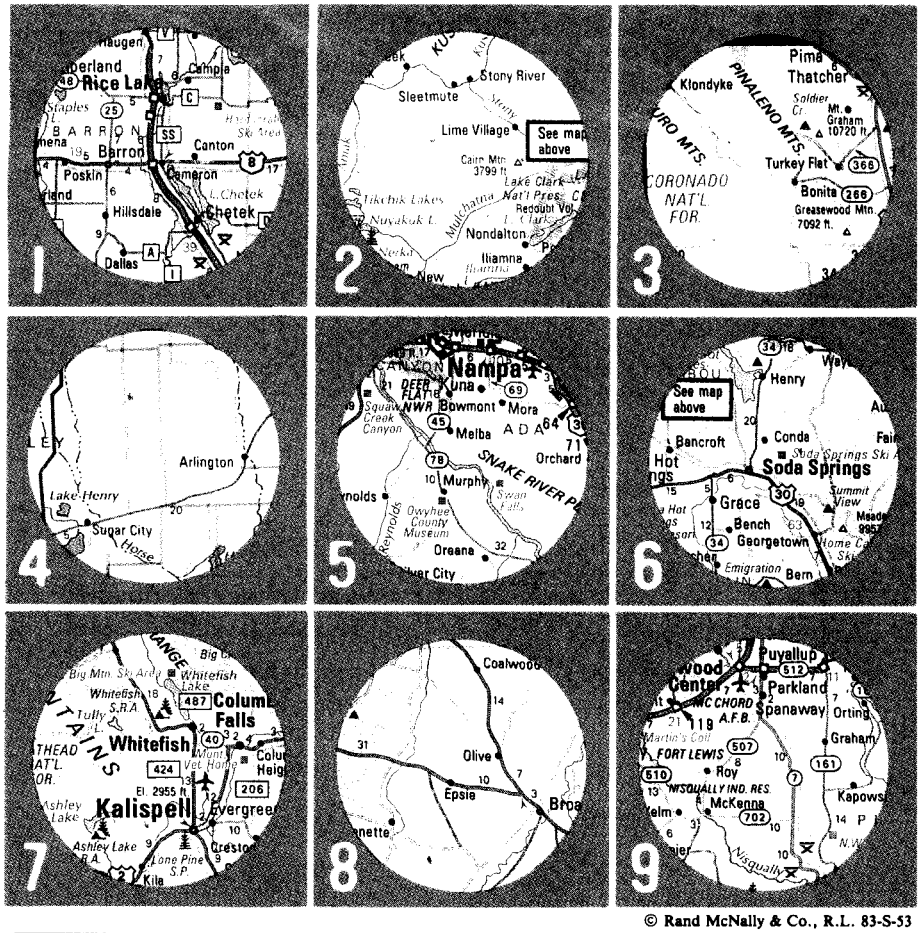
The fathers and mothers were near the fireplace, chatting with Father Berry and Pastor Holmes, and they were all admiring the tree and its old-fashioned ornaments, its silver-winged angel flying at the top. They were all making believe nothing had happened, that they were just waiting for the warmth to spread.

And there, close to the glowing tree and next to the mound of gifts wrapped in green and gold, Patrick saw the cruel home of ice in which Sir Golden, firmly imprisoned, stared out at the glittering streams of tinsel. In the rising firelight, the reddish gold of his scales shone prettier than ever. He seemed like a lovely toy. The ice held his silvered tail in a graceful stroke, the one he used to rise for a nibble at Patrick's finger. At his side, where the bitter chill of night had caught her, his little wife lay twisted, fixed in a crystal vise, her mild eyes astonished.

• • •

Patrick closed his own eyes a moment, and kept on going until he was near Miss Elder's desk. He took out his Christmas poem and, after a brief hesitation, laid it there, and turned again, smiling in the way Miss Elder —he knew—would wish, especially because there were guests. When he came again to the globe of solid ice, he bent down, lifted it slowly, settled it in his arms and, without a word, walked to the door and through it. He did very well until he heard the door close; then he couldn't help it. He sighed. His lips trembled. The piano played the first notes of "The Star of Bethlehem."

What now? He wished to go home,



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 110)

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by Tom Lindemann

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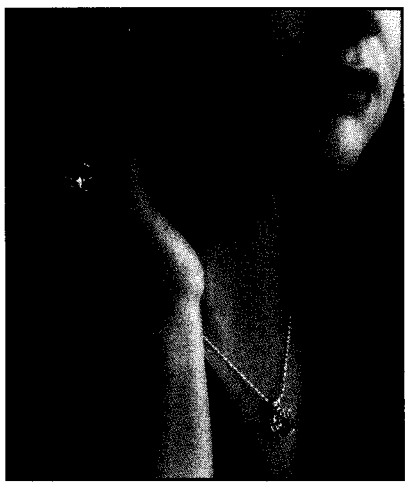

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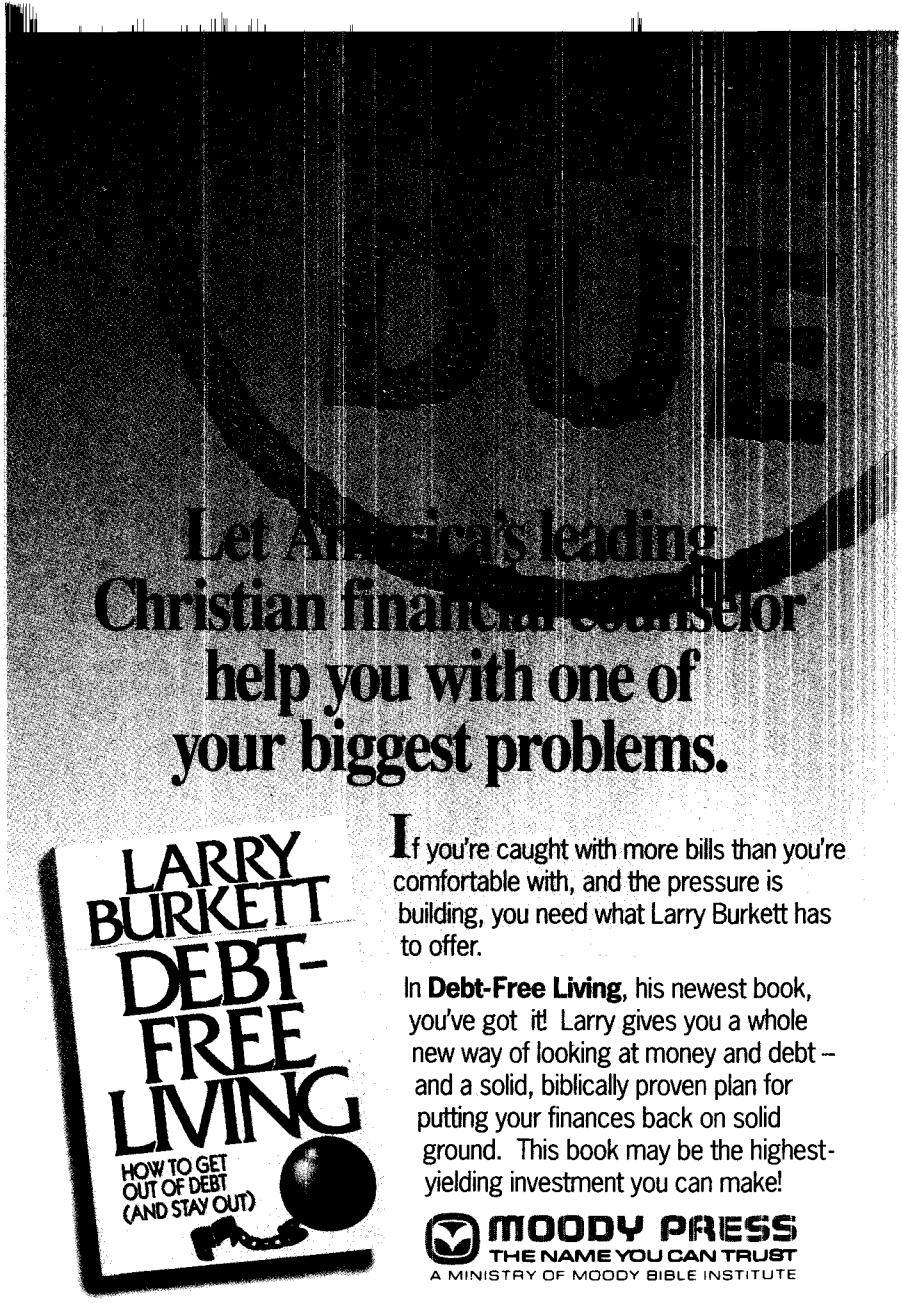
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but there was nobody there. He knew he must go back soon and join the singing, and he must put his poem back in his pocket because it was all about poor, dead Sir Golden. Yes, and the home of ice had to be melted and Sir Golden and his wife put away in a fitting place forever. Where—in winter?

He heard the door open, a rise of voices in the carol, and the door closed again. His father had come outside.

"I'll melt them out, Daddy," said Patrick, "and I'll bury them in a box in the ashes until springtime when the frost is out of the ground."

His father nodded, said nothing, and followed Patrick down the stairs to the furnace room. Halfway across the floor, while Patrick was sending his desperate thought here and there, his heart stirred with the hope that never can be stilled. He remembered something. "*Osprey!*" This strange word he whispered to himself. He remembered the osprey, dark wings outspread against the wintry clouds, flying down to Piety Pond while he and his father were fishing through the ice for pickerel. Hope rose so swiftly in his heart that he laughed in sudden joy.

"The osprey!"

His father smiled and took a swift step toward Patrick. He stopped short, but Patrick knew his father wished to kiss him for some reason.

His father said, "I thought maybe you'd remember the osprey. I figured you wouldn't miss a trick, 'specially when there's only one left. Didn't want to say anything. Didn't want to raise false hopes upstairs—oh, no!"

"I thought of the osprey, daddy, and the fish he clawed out of the ice he broke apart with his beak. And I could see that the circum—oh!—cir-cum——"

" 'stances?"

"—— cir-cum-stances were just the same. Just as I was wondering where I could bury Sir Golden and Mrs. Golden—and the frost six inches in the ground—just then I thought hard and I remembered the osprey and the live fish he dug out of the ice and the fish I found alive in the ice and put back in the water."

He placed the bowl near the furnace. His father opened the draft door, where embers fell from the grate. Patrick pushed the globe nearer the hot glare. He ran his hands around the chilly glass. He heard the inner globe of ice whispering. One by one, the bubbles of air—tiny globes of gilt within the great one—began to vanish. Water formed. The ice spoke a little louder. A crack ran from one bubble to another, close to the fixed inhabitants of that polar world.

"I didn't know then and I don't know now for sure," said his father, "but it strikes me that fish—cold-blooded as they are—can stick it out a long time in ice. Like woodchucks sleeping for the winter, they take in less air. And there are bubbles around them—that's air, Patrick, and maybe there's a little more around their gills."

After many minutes, all the ice turned into water. At once Sir Golden floated to the surface in a queer, dead way, and then, without a sign of the gills working, he turned over and sank. So his companion rose, following him up and down. Patrick was ready. He took a dipper of water from the tap and, holding it high, poured a thin stream into the bowl. It made bubbles all over. He poured again and again. At the fourth pouring, Sir twitched his tail and began to gulp in a good supply of bubbles and water. At the fifth pouring——

"You can see their gills working, Patrick?"

Patrick couldn't get out even one

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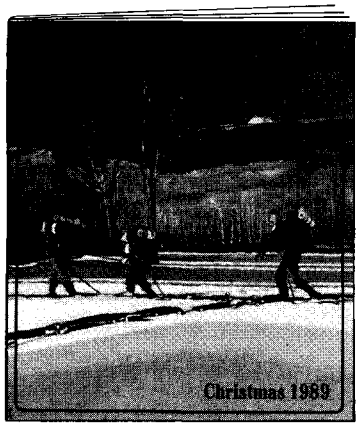

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syllable. He looked at his dad.

"They're all right now, Patrick, and I guess you don't need me any more." He quickly added, "Not that you needed me in the first place. You being nine years old now." He turned to the stairs.

Sir Golden and his wife began flashing round and round so gaily that Patrick had to dip out some water lest they leap over the rim. This done, he looked down at them and—just as before—a drop of something splashed on the surface. But this was a drop of joy.

• • •

He took up the bowl, carefully climbed the stairs and—the singing loud about him—entered and went down between the long tables set for supper. One by one, the voices left off singing. Miss Elder had to stop playing the piano because she saw his little miracle. Thinking she ought to be very prim, like the schoolmarms she used to read about, she said most primly, "Ah, I see! Very good, Patrick."

That was about all that kind of nonsense she could manage. She jumped up the way she was supposed to jump and shouted, "Hurrah! Hurrah!"

"Hurray! Hurray!" cried Greta. "Hurray for Patrick!"

Everybody else said much the same thing, and Bartley Green, who had let the fire go out in the first place, said it louder than anybody else. He came up to Patrick and gave him his own best Christmas gift—a book wrapped in holly paper.

"And now, ladies and gentlemen," said Miss Elder, "the winner of the Christmas Poetry Prize of the Piety Corner School will honor us with a reading of his composition." She handed the wonderful paper to Patrick. He read it gravely all the way through the last lines:

"What will Sir do when
winter slides over the
Catskills, Miss Elder?
When Jack Frost steals
with his icicles into the
spring-hole?"

He looked up from the paper quivering in his hand. Was it finished—the poem? Not quite. That same always-working somebody within him, in a big hurry, added three more lines that weren't scrawled on the paper at all:

Leave it to Patrick who's just
turned nine,
And now at Merry Christmas Time
Patrick sings his Christmas rhyme
for our dears.

Man with a Mission

continued from page 61

it.' " Kellogg's, he says, looked at the data; put the National Cancer Institute's messages on its cereal boxes, including cutting down on fat and increasing fiber; and even included a toll-free telephone number for additional information.

This kind of teamwork is the key to achieving Greenwald's immediate goal for cancer prevention. One of his initial projects at the NCI was to develop a complex computer model, plotting information on the American population, cancer risks, and current screening tests. What would happen, he wondered, if Americans all stopped smoking? What if they all got screening tests and state-of-the-art diagnosis and therapy?

"Putting it all together, it's quite clear that it's possible to cut cancer death rates in half by the year 2000," Greenwald says. "It's possible, but it only will happen if everyone gets behind it in a very major way."

A major way, he says, calls for a smoke-free society, more healthful diets, mammograms, colon cancer tests, and Pap tests used universally. And, Greenwald adds, "I think prudence is on the side of having our environment be clean and safe."

Again, that no-nonsense Greenwald common sense.

The Perfect Squelch

Miss Simon, a department-store clerk, operated on the principle that the customer is always wrong, especially if he or she expects prompt and cheerful service. Therefore, when a young matron hurried up to her counter, she was very aloof, cool, and lazily busy with the mysterious things clerks do behind counters.

When the customer finally asked for service, Miss Simon looked annoyed and called back, "Just a minute." After two more tries, the customer moved away and made her purchase at the other end of the counter.

Later, passing the same counter, the hurried customer noticed a floorwalker standing near Miss Simon. So she wasn't too surprised when the clerk, suddenly alert and friendly, called out, "Did you find something you liked?"

Pausing only long enough to answer clearly, the customer said, "Yes—another clerk."

—Jean H. Fitzgerald

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WHERE DO YOU THINK YOU ARE?

(Answers from page 106)

(Theme: food items—edibles)

1. Rice Lake, Wis.
2. Lime Village, Alaska
3. Turkey Flat, Ariz.
4. Sugar City, Colo.
5. Melba, Idaho
6. Soda Springs, Idaho
7. Whitefish, Mont.
8. Olive, Mont.
9. Graham, Wash.

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YOU CAN MAKE UP TO

One Million Dollars in 9 Months

Dear Friend,

I made one million dollars in 9 months. You may do better!

My name is John Wright. Not too long ago I was flat broke. I was $31,000 in debt. The bank repossessed my car because I couldn't keep up with the payments. And one day the landlord gave me an eviction notice because I hadn't paid the rent for three months. So we had to move out. My family and I stayed at my cousin's place for the rest of that month before I could manage to get another apartment. That was very embarrassing.

Things have changed now. I own four homes in Southern California. The one I'm living in now in Beverly Hills is worth more than one million dollars. I own several cars, among them a brand new Mercedes and a brand new Cadillac. Right now, I have a million dollar line of credit with the banks and have certificates of deposit at $100,000 each in my bank in Beverly Hills.

Best of all, I have time to have fun. To be me. To do what I want. I work about 4 hours a day, the rest of the day, I do things that please me. Some days I go swimming and sailing — shopping. Other days, I play racquetball or tennis. Sometimes, frankly, I just lie out under the sun with a good book. I love to take long vacations. I just got back from a two week vacation from — Maui, Hawaii.

I'm not really trying to impress you with my wealth. All I'm trying to do here is to prove to you that if it wasn't because of that money secret I was lucky enough to find that day, I still would have been poor or may be even bankrupt. It was only through this amazing money secret that I could pull myself out of debt and become wealthy. Who knows what would have happened to my family and me.

Knowing about this secret changed my life completely. It brought me wealth, happiness, and most important of all — peace of mind. This secret will change your life, too! It will give you everything you need and will solve all your money problems. Of course you don't have to take my word for it. You can try it for yourself. To see that you try this secret, I'm willing to give you $20.00 in cash. (I'm giving my address at the bottom of this page.) I figure, if I spend $20.00, I get your attention. And you will prove it to yourself this amazing money secret will work for you, too!

Why, you may ask, am I willing to share this secret with you? To make money? Hardly. First, I already have all the money and possessions I'll ever need. Second, my secret does not involve any sort of competition whatsoever. Third, nothing is more satisfying to me than sharing my secret only with those who realize a golden opportunity and get on it quickly.

This secret is incredibly simple. Anyone can use it. You can get started with practically no money at all and the risk is almost zero. You don't need special training or even a high school education. It doesn't matter how young or old you are and it will work for you at home or even while you are on vacation.

Let me tell you more about this fascinating money making secret:

With this secret the money can roll in fast. In some cases you may be able to cash in literally overnight. If you can follow simple instructions you can get started in a single afternoon and it is possible to have spendable money in your hands the very next morning. In fact, this just might be the fastest *legal* way to make money that has ever been invented!

This is a very safe way to get extra cash. It is practically risk free. It is not a dangerous gamble. Everything you do has already been tested and you can get started for less money than most people spend for a night on the town.

One of the nicest things about this whole idea is that you can do it at home in your spare time. You don't need equipment or an office. It doesn't matter where you live either. You can use this secret to make money if you live in a big city or on a farm or anywhere in between. A husband and wife team from New York used my secret, worked at home in their spare time, and made $45,000 *in one year.*

This secret is simple. It would be hard to make a mistake if you tried. You don't need a college degree or even a high school education. All you need is a little common sense and the ability to follow simple, easy, step-by-step instructions. I personally know a man from New England who used this secret and made $2 million *in just 3 years.*

You can use this secret to make money no matter how old or how young you may be. There is no physical labor involved and everything is so easy it can be done whether you're a teenager or 90 years old. I know one woman who is over 65 and *is making all the money she needs* with this secret.

When you use this secret to make money you never have to try to convince anybody of anything. This has nothing to do with door-to-door selling, telephone solicitation, real estate or anything else that involves personal contact.

Everything about this idea is perfectly legal and honest. You will be proud of what you are doing and you will be providing a very valuable service.

It will only take you two hours to learn how to use this secret. After that everything is almost automatic. After you get started you can probably do everything that is necessary in three hours per week.

PROOF

I know you are skeptical. That simply shows your good business sense. Well, here is proof from people who have put this amazing secret into use and have gotten all the money they ever desired. Their initials have been used in order to protect their privacy, but I have full information and the actual proof of their success in my files.

'More Money Than I Ever Dreamed'

"All I can say — your plan is *great!* In just 8 weeks, I took in over $100,000. More money than I ever dreamed of making. At this rate, I honestly believe, I can make over a million dollars per year."
A. F., Providence, R.I.

'$9,800 In 24 Hours!'

"I didn't believe it when you said the secret could produce money the *next morning.* Boy, was I wrong, and you were right! I purchased your *Royal Road to Riches.* On the basis of your advice, $9,800 poured in, in less than 24 hours! John, your secret is incredible!"
J. K., Laguna Hills, CA

'Made $15,000 In 2 Months At 22'

"I was able to earn over $15,000 with your plan — in just the past two months. As a 22 year old girl, I never thought that I'd ever be able to make as much money, as fast as I've been able to do. I really do wish to thank you, with all of my heart."
Ms. E. L., Los Angeles, CA

'Made $126,000 In 3 Months'

"For years, I passed up all the plans that promised to make me rich. Probably I am lucky I did — but I am even more lucky that I took the time to send for your material. It changed my whole life. Thanks to you, I made $126,000 in 3 months."
S. W., Plainfield, IN

'Made $203,000 In 8 Months'

"I never believed those success stories... never believed I would be one of them... using your techniques, in just 8 months, I made over $203,000...made over $20,000 more in the last 22 days! Not just well prepared, but simple, easy, fast... John, thank you for your *Royal Road to Riches!*"
C. M., Los Angeles, CA

'$500,000 In Six Months'

"I'm amazed at my success! By using your secret I made $500,000 in six months. That's more than twenty times what I've made in any single year before! I've *never made so much money in such short time with* minimum effort. My whole life I was waiting for this amazing miracle! Thank you, John Wright."
R. S., Mclean, VA

As you can tell by now I have come across something pretty good. I believe I have discovered the sweetest little money-making secret you could ever imagine. Remember — I guarantee it.

Most of the time, it takes big money to make money. This is an exception. With this secret you can start in your spare time with almost nothing. But of course, you don't have to start small or stay small. You can go as fast and as far as you wish. The size of your profits is totally up to you. I can't guarantee how much you will make with this secret but I can tell you this — so far this amazing money producing secret makes the profits from most other ideas look like peanuts!

Now at last, I've completely explained this remarkable secret in a special money making plan. I call it "The Royal Road to Riches". Some call it a *miracle.* You'll probably call it "The Secret of Riches". You will learn everything you need to know step-by-step. So you too can put this amazing money making secret to work for you and make all the money you need.

To prove this secret will solve all your money problems, don't send me any money, *instead postdate* your check for a month and a half from today. I guarantee not to deposit it for 45 days. I won't cash your check for 45 days before I know for sure that you are completely satisfied with my material.

$20.00 FREE!

There is no way you can lose. You either solve all your money problems with this secret (in just 30 days) or you get your money back *plus* $20.00 *in cash* **FREE!**

Do you realize what this means? You can put my simple secret into use. Be able to solve all your money problems. And if for any reason whatsoever you are not 100% satisfied after using the secret for 30 days, you may return my material. And then I will not only return your original UNCASHED CHECK, but I will also send you an *extra $20.00 cashiers check* just for giving the secret an honest try according to the simple instructions.

I GUARANTEE IT! With my unconditional guarantee, there is absolutely NO RISK ON YOUR PART.

To order, simply write your name and address on a piece of paper. Enclose your postdated check or money order for $12.95 and send it to:

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3340 Ocean Park Blvd.
Suite 3065
Santa Monica, CA 90405

But the supply of my material is limited. So send in your order now while the supply lasts.

If you wish to charge it to your Visa or MasterCard — be sure to include your account number and expiration date. That's all there is to it. I'll send you my material right away by return mail, along with our unconditional guarantee.

Here's what newspapers and magazines are saying about this incredible secret:

The Washington Times:
The Royal Road to Riches is paved with golden tips.

National Examiner:
John Wright has an excellent guide for achieving wealth in your spare time.

Income Opportunities:
The Royal Road to Riches is an invaluable guide for finding success in your own back yard.

News Tribune:
Wright's material is a MUST for anyone who contemplates making it as an independent entrepreneur.

Success!
John Wright believes in success, pure and simple.

Money Making Opportunities:
John Wright has a rare gift for helping people with no experience make lots of money. He's made many people wealthy.

California Political Week:
...The politics of high finance made easy.

The Tolucan:
You'll love . . . *The Royal Road to Riches.* It's filled with valuable information . . . only wish I'd known about it years ago!

Hollywood Citizen News:
He does more than give general ideas. He gives people a detailed A to Z plan to make big money.

The Desert Sun:
Wright's *Royal Road to Riches* lives up to its title in offering an uncomplicated path to financial success.

SWORN STATEMENT:

"As Mr. John Wright's accountant, I certify that his assets exceed one million dollars."
Mark Davis

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It was one of the greatest moments in our history . . . a time of celebration and joy . . . of family reunions and love ever after. And it was the golden age of America's popular music . . . the Hit Parade . . . the bobby soxers . . . and all the great men of our Armed Forces who came marching home to the sounds from America's bandstands . . . The Andrews Sisters promising that **I'LL BE WITH YOU IN APPLE BLOSSOM TIME . . .** Glenn Miller's **I'VE GOT A GAL IN KALAMAZOO . . .** and the song on everyone's lips as the lights came on again, **TOGETHER** sung by Dick Haymes and Helen Forrest . . . the very special melodies and words that were a part of our lives and still are.

Every soldier, sailor and marine who endured the time of separation from loved ones will remember the thrill of that first homecoming embrace. It was a moment that will live forever in our hearts and in the music that helped keep the home fires burning . . . in such songs as **LONG AGO AND FAR AWAY** sung so beautifully by Bob Eberly and Helen O'Connell . . . **ALL OR NOTHING AT ALL** by Harry James and Frank Sinatra . . . Kate Smith's immortal rendition of **GOD BLESS AMERICA . . .** Benny Goodman's famous **JERSEY BOUNCE . . . PAPER DOLL** and **TILL THEN** by The Mills Brothers . . . and the great Artie Shaw's unforgettable **STAR DUST.** Here are 45 original classics that will rekindle your warmest memories of that precious era when America's boys came home. It is a collection you will cherish and enjoy for years to come. Not available in any store.

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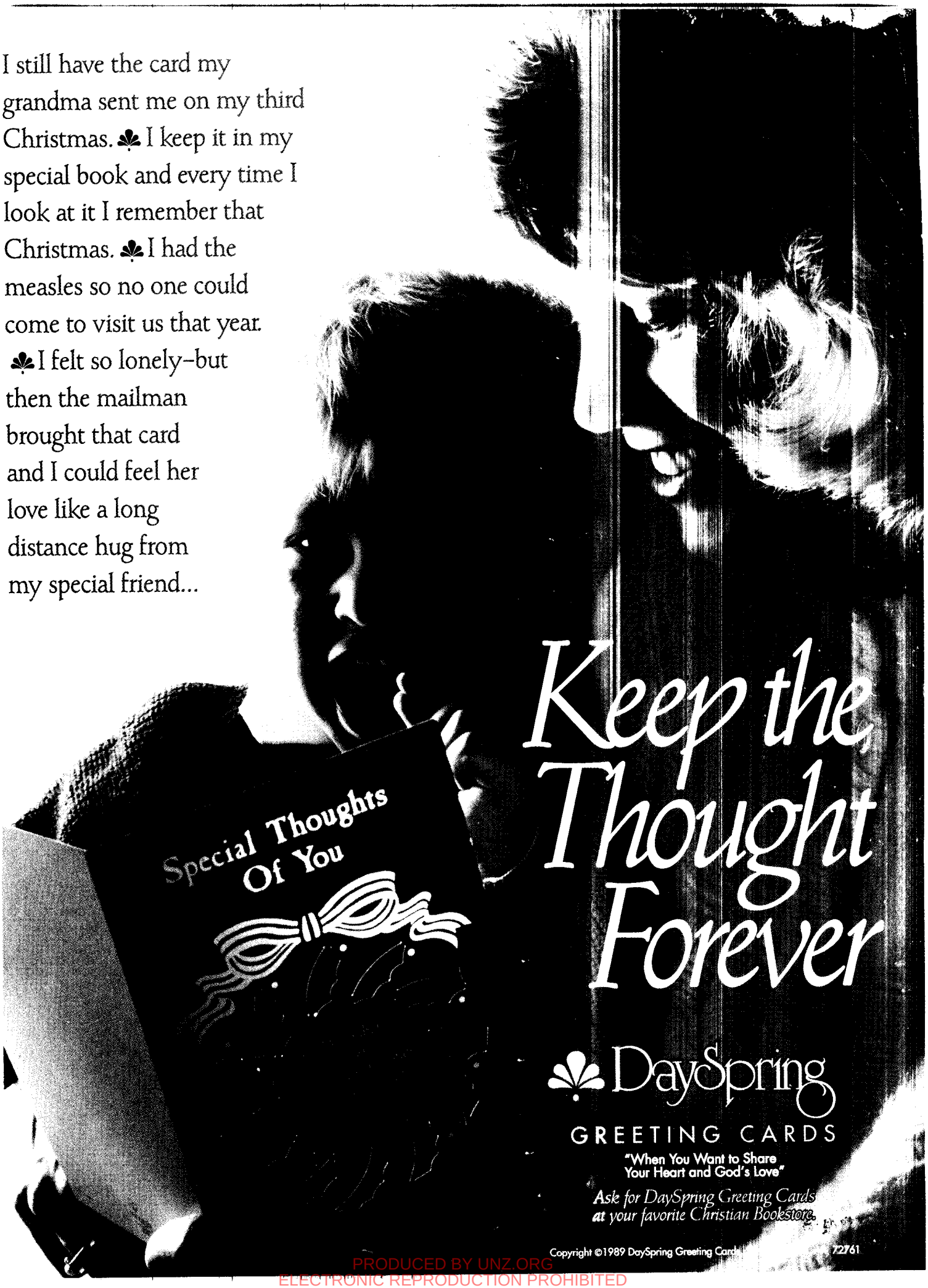
I still have the card my grandma sent me on my third Christmas. ❧ I keep it in my special book and every time I look at it I remember that Christmas. ❧ I had the measles so no one could come to visit us that year. ❧ I felt so lonely–but then the mailman brought that card and I could feel her love like a long distance hug from my special friend...



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The cold medicine below is the right one to use with the medicines above.

If you're taking something for your heart, blood pressure or thyroid, you can't be *too* careful about what you take for a cold.

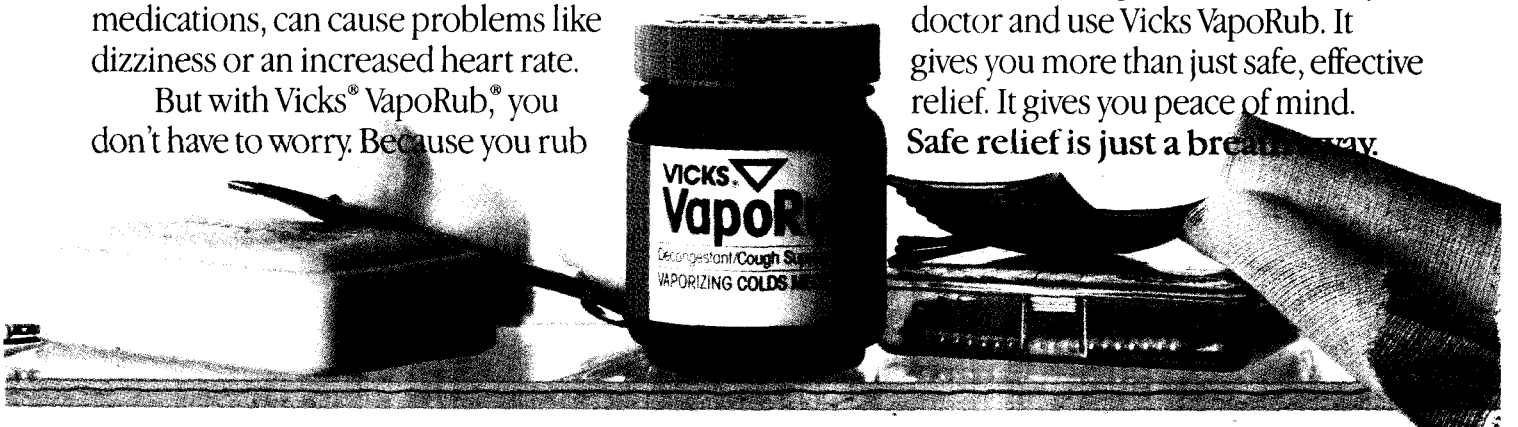
As any doctor will tell you, internal cold medicines, when taken along with prescription medications, can cause problems like dizziness or an increased heart rate.

But with Vicks® VapoRub,® you don't have to worry. Because you rub it on the outside of your body, it won't mix with medicines on the inside, the way pills can.

And VapoRub's medicated vapors relieve congestion just as effectively as a decongestant pill.

So the next time you get a cold, consult your doctor and use Vicks VapoRub. It gives you more than just safe, effective relief. It gives you peace of mind.

Safe relief is just a breath away.



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